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**PRACTICAL OBSERVATIONS**

**ON**

**INSANITY.**

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# PRACTICAL OBSERVATIONS

ON

## INSANITY;

*In which some Suggestions are offered towards an improved  
Mode of treating Diseases of the Mind,*

AND

*Some Rules proposed which it is hoped may lead to a more  
Humane and successful Method of Cure:*

TO WHICH ARE SUBJOINED,

REMARKS ON MEDICAL JURISPRUDENCE,

AS IT RELATES TO

***DISEASED INTELLECT.***

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BY JOSEPH MASON COX, M. D.

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THE THIRD EDITION,

CORRECTED AND GREATLY ENLARGED.

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## ADVERTISEMENT.

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*THE Author of the following pages, having directed his attention and devoted himself almost exclusively for more than twenty years to the care and cure of Maniacal Patients, furnished by private practice and that of his Asylum at this place, has had ample opportunity of seeing mental diseases in all their varied and exquisite forms, of witnessing the effects of the different moral, medical, and mechanical means had recourse to, and of comparing them with each other ; and flatters himself he is able, from these sources, to correct some errors which have disgraced the former treatment of this pitiable class of sufferers, has proved most satisfactorily that the empirical mode, too generally adopted, of submitting Maniacs indiscriminately to the same routine of practice and management, is highly reprehensible and dangerous, even under similarity*



*of symptoms, since these are found to exist in the most different and opposite states of Insanity; that address and gentleness will supersede any necessity for harshness and cruelty; that in almost every instance infinitely more is to be effected by the former than by the latter; that it is a most mistaken notion that Maniacs are only to be subdued by threats and violence, and that they are not susceptible of kindness. He has persisted in the application of motion, in various directions and modes, by means of swings and other machinery, to certain classes of maniacs; and is convinced that no remedy is capable of effecting so much with so little hazard, and is decidedly of opinion that in almost every case it will produce perfect quiescence, allay all irritation, silence the most vociferous and loquacious, diminish that determination of blood towards the head, and that excessive heat of the surface, which so frequently obtain in some species of mania, will assist the action of other remedies and medicines, and procure sleep after every other anodyne has failed. This is not vague assertion,*



*or the report of a man attached to a favorite system, who conceives himself, in some degree, the author of the practice, but its truth and reality are confirmed, by the experiments and experience of different practitioners, who have adopted the mode and witnessed its effects.*

*In a Work professedly practical, whose principal object is utility, theory is inadmissible, but from our ignorance of mind as connected with matter, and of those parts of the human frame subservient to thought and the other intellectual powers and faculties, we can scarcely proceed a step with any degree of certainty, and our curative systems must of course be frequently founded on conjecture or hypothesis.*

*In the former editions a number of Cases were introduced, intended to illustrate the different modes of treatment, and to exhibit some striking and important facts connected with mental diseases, but as they considerably increased the bulk of a volume, too large even without them, and as much new matter is added to the present edition, particularly on the subject of Medical*

*Jurisprudence as it relates to Insanity, the cases are wholly excluded from it. The Author has to acknowledge great obligations to a Friend, of the profession of the law, who kindly undertook to revise this last part of his volume, and for some valuable additions to it.*

*FISHPONDS, near Bristol,  
Dec: 1, 1813.*



## PREFACE.

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**I**F the possession of reason be the proud attribute of humanity, its diseases must be ranked among our greatest afflictions, since they sink us from our pre-eminence to a level with the animal creation. Most of our formidable maladies are rare, but Insanity unfortunately is not only frequent but said to be peculiarly endemial to England; nor are we left to conjecture the causes. Early dissipation, unrestrained licentiousness, habitual luxury, inordinate taste for speculation, defective systems of education, laxity of morals; but more especially, promiscuous intermarriages, where one or both of the parties have hereditary claims to alienation of mind, are sufficient to explain the lamentable fact. Where few or none of these causes exist, madness is a rare occurrence or wholly unknown; hence it appears that one of

our greatest infelicities arises from increased civilization and a more refined state of society.\*

The ample experience thus furnished by the frequency of occurrence might, a priori, be supposed to enable medical men to reduce the relief of mental diseases to a systematic certainty; but unhappily, this is so far from being the case, that we seem to have lost what our ancestors knew,†

\* The report of our most respectable travellers and well authenticated history confirm this position. Diseases of the intellect never occur among the Indians. “After much enquiry, I have not been able to find a single instance of madness, melancholy, or fatuity among the Indians.” Rush’s Medical Inquiries, vol. i. p. 23. The Africans are also said to be free from them, both in their native country and when in a state of slavery. May not this exemption be owing to the absence of that sickly sensibility which so generally accompanies luxury and ease? It is certain they are subject to most diseases which attack Europeans, besides a number peculiar to themselves: and are exposed to the action of some of the usual predisposing and exciting causes of insanity.

† Pliny in his Lib. 25, c. 5, p. 457, says, *Nigrum* Helleborum purgat per inferna, *Candidum* autem vomitione, causas que morborum extrahit, quondam terribile, postea tam promiscuum, ut plerique studiorum gratia ad pervidenda acrius quæ commentabantur, sæpius sumptitaverint.—*Drusum* apud nos constat hoc medicamento liberatum comi-



and either the famed production of Anticyra\* is degenerated, or we are ignorant of the proper mode of its cultivation, preparation, or exhibition,

tiali morbo in Anticyra Insula. Ibi enim tutissime sumitur, quoniam (ut diximus) *Sesamoides* admiscent.

Horace, among other of the Latin Poets, refers to this celebrated plant as possessing the peculiar property of clearing the mental faculties, and particularly in his 2d Epistle, Lib. II. v. 136.

Hic ubi cognatorum opibus curisque refectus  
Expulit Ellebro morbum bilemque meraco  
Et redit ad sese: Pol me occidistis, amici,  
Non servastis ait;——

Had the ancients been in possession of calomel and tartrised antimony, it is probable they would have preferred them to helebore, for this celebrated plant seems to have possessed no specific virtue, no antimaniacal property, but merely to have acted on the stomach and bowels like the former.

\* Tournefort found this island abounding with that species of the plant, which he has described under the title, “*Helleborus niger Orientalis, amplissimo folio caule præalto purpurascente* ;” and believes this to be the Hellebore of the Ancients; and many other respectable botanists are of opinion it is a species of the *Anemone* ; while others believe it properly belongs to the class of *Adonis*, which is said to possess an anodyne as well as a cathartic power.



which it appears formed quite a complicated body of doctrine.\*

The human mind has furnished a most ample field for philosophic investigation ; but its na-

\* See Lorry de Melancholia, tom. ii. p. 201. Et certè quod historici est in curatione hujus morbi, eò majoris est ponderis, quòd forsàn in artis dedecus fatendum sit, nos in sanatione hujus mali, *veteribus minos eruditos esse*. Constat enim non solum ex medicorum monumentis, sed ex Libris etiam qui ad artem non pertinent, omnes fere melancholicos, aut à melancholiâ maniacos per artem sanatos olim fuisse. Sed ne diutius in ejus natura investigandâ insudemus, facit gravissima Theophrasti autoritas qui eam hel-leborinem et nominat et describit, verum ex ejus descriptione dubium est an eadem sit planta cum illa quam nos sub eodem nomine noscimus etiam hodie. See Lorry, tom. ii. p. 291. With all due respect for Lorry, I cannot but suspect that a too great veneration for the ancients has induced him, without sufficient reason, to pay them a compliment at the expence of the moderns. Our medical forefathers were in the habit of confounding many distinct diseases under the head of mania ; some of which their system of evacuation was well calculated to remove. May not the more robust temperaments of their patients, in a disease not so complicated as it is in the present day, have contributed to their success ? The muscles of an Ajax, or Orestes, must have contributed to form a frame very different from that of some of the nervous puny class of patients of the present day.



ture, faculties, and properties, as well as its diseases are wrapt in such impenetrable obscurity, that the advantages gained have not been in proportion to the labour employed. Most medical writers, in detailing its morbid phenomena, and the means of removing them, appear to have been more anxious to display their own ingenuity in the result of their abstruse speculations than to furnish the inquiring student with a plain practical manual, to direct his judgment in the treatment of maniacal patients. To supply this desideratum, in some degree, is the principal object of the present work, in which all abstract reasoning is purposely avoided, the result of my own reading, reflexion, observation, and experience stated, and an attempt made to improve the methods of treating diseases of the intellect. Much still remains to be effected, and I fear ever will, while our knowledge is so limited respecting the parts of the animal economy more immediately connected with the reasoning faculties.

While we deplore the unsuccessful result of so much patient investigation, established for the express purpose of increasing our knowledge of mental diseases, we have particularly to lament that of our anatomists has been attended with

so little advantage.\* We are not only disappointed, but have been furnished from this source with extraordinary and unaccountable facts, which might induce us to believe the brain in some instances had little to do with the intellect ; thus the contents of the cranium of some madmen, and even idiots, have appeared on dissection free from disease, while the same parts in other individuals, who retained their intellectual faculties unimpaired to the last hour of existence, have been found universally diseased : and, indeed where certain peculiarities have been detected in and about the encephalon after death, it is impossible to determine whether they were the cause or effect of the disease. Infants have

\* Reasoning a priori it might have been expected that much useful information would have accrued from such researches, both ancients and moderns having diligently investigated the brains of maniacs, and the celebrated Haller (See Halleri Elem. Physiolog. Lib. xvii. Sect. I. tom. v. p. 571.) collected a great variety of histories of such dissections, hoping to procure some valuable information respecting the functions of the encephalon, from the appearance of its different parts after death, in subjects who had laboured under mental diseases during life, but he candidly acknowledges his disappointment.



been born without brain,\* and adults most completely deprived of it by disease; the cranium of some animals has been found filled with bone, and that of others completely emptied of its contents,† &c. yet the faculties said to depend on the integrity of this organ did not appear to suffer.‡ From such singular facts we may account for some authors having assigned the seat of the soul to the stomach, plexus solaris,§ &c. but waving any discussion of such subjects, as being more curious than useful, I shall take it

\* See New Abridgment of the Philosophical Transactions, vol. iv. p. 149, and p. 372; and Morgagni's Works.

† In the Philosophical Transactions, No. 226, p. 439, we find an account of a pigeon, whose cranium having been emptied of its contents, and afterwards filled with flax, searched for food and performed all the more common actions of life.

‡ In the same volume of Philosophical Transactions is detailed the singular case of Mr. Kay, in which it appeared, "that a cancerous ulcer began in his cheek, destroyed his eye, penetrated the os frontis and dura mater, and continued so long, that gradually *the whole brain was spent*, so that when he died nothing was found in the cranium but a small quantity of black putrid matter, and yet he lost no sense or the motion of any part, nor had any convulsion or spasm."

§ See Essai de Fabri sur les Facultés de l'Ame.

for granted that *the brain and its emanation the nervous system, are the parts most intimately connected with the intellect, and that some morbid changes of these exist in every case of insanity.*



# PRACTICAL OBSERVATIONS

ON

## INSANITY, &c.

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**I** AM well aware of the extreme difficulty which attaches to the accurate delineation of even the more common characteristic features of Insanity, much more of those fine and exquisite shades of mental peculiarity that border so closely upon it, that it is next to impossible to draw the line where one ends and the other begins. The most experienced Practitioner will often be at a loss to distinguish the approaches of mental indisposition from certain moral changes, and will be frequently induced to tax the heart with what arises from a defective head ; but in general there are certain characteristic marks which exist in a greater or less degree in every case of Madness—" Thus to neglect what most deserves attention, and to value what is least deserving of it, to rejoice or weep without an adequate reason, to despise what

is terrible and to fear what is ridiculous, to admire trifles and reject what is excellent, to love the objects of hate and to hate those of love, to hope without an object and to despair while in security, to be pleased with things which excite no agreeable sensations in others and to fly from what every one would anxiously seek, to be timid with those who demand no deference and bold to those whom they ought to respect."

I might amuse myself and readers with some very interesting exhibitions of mental peculiarities as unequivocal proofs of the truth of the above position, but this would be very foreign from my purpose.

The term insanity itself may certainly be deemed vague, since it is relative. Men differ from each other according to their mental and bodily temperaments, and indeed occasionally from themselves, in different periods and circumstances of life. Hence arises the extreme difficulty of defining madness, and establishing a standard for the rationality or irrationality of our ideas and actions. It is very seldom that good general principles are deduced from a limited view of particulars ; and rules or laws inferred from single occurrences are as objectionable as wild and fanciful hypo-



theses, and, however unintelligible a History of Insanity may be, reasoning from the above premises, yet in a practical treatise, such as I propose to myself in this work, something of the kind must be attempted : therefore without any additional Introduction, I shall immediately proceed to give a general view of the Disease, and first the

#### HISTORY OF A MANIACAL ATTACK.

The approach of insanity is generally very gradual, at first only observable in a change of moral and corporeal habits, disposition, taste, and pursuits, generally succeeded by hurried movements of body, sudden transitions of mind, a rapid succession of ideas, high spirits, acute sensibility, mental irritation, unusual suspicion, want of delicacy, listening to fancied whispers or obscure noises,\* pride, impatience of controul, peevishness, restlessness, inordinate mirth or depression, (according to the temperament) occasional abstraction : dreams of the most grotesque and unnatural description usually deprive the patient of

\* Mr. Haslam very justly observes, that the organ of hearing is the most frequent and fertile source of delusion in mania ; and, in his ingenious work on this subject, details some singular and interesting instances in proof of his position.

refreshing slumbers, and frequently whole nights in succession are passed without sleep, or disturbed by Incubus, anxiety and palpitations ; in some individuals the mind is exclusively occupied by one impression, in others, agitated by an endless variety, sometimes the judgment is perverted, at others the imagination excited. The body also exhibits various accompanying peculiarities : the eyes are prominent and animated, or sunk in the orbit and dull ; frequently the features are sharpened, so as to render the expression unnatural, or what may justly be called *maniactal* : in general, the muscular powers are increased, as is the capability of enduring cold,\* hunger, fatigue, and long watching ; at the same time the natural excretions, and particularly the alvine, become interrupted. The utmost irregularity of appetite and passions usually takes place, and this more or less increases till the disease is established,

\* This has been denied by Mr. Haslam, but the proofs he assigns are not satisfactory ; and the assertion is in opposition to daily observation and experience, and the opinions of the most respectable authors. Indeed no fact can be more rationally explained, for when the mind is intensely occupied, the body is proportionably insensible to the action of external agents.



and there is an absolute necessity for restraining the patient.

Among the variety of maniacs met with in medical practice, there is one which, though by no means rare, has been little noticed by writers on this subject : I refer to those cases in which the individuals perform most of the common duties of life with propriety, and some of them, indeed, with scrupulous exactness, who exhibit no strongly marked features of either temperament, no traits of superior or defective mental endowment, but yet take violent antipathies, harbour unjust suspicions, indulge extreme volatility, extravagant eccentricities, strong propensities, affect singularity in dress, gait, and phraseology ; are proud, conceited and ostentatious ; easily excited and with difficulty appeased ; dead to sensibility, delicacy and refinement ; obstinately rivetted to the most absurd opinions ; prone to controversy and yet incapable of reasoning ; impatient of controul ; always the hero of their own tale ; using hyperbolic high-flown language to express the most simple ideas, accompanied by unnatural gesticulation, inordinate action, and frequently by the most alarming expression of counte-

nance.\* On some occasions they suspect sinister intentions on the most trivial grounds, on others are a prey to fear and dread from the most ridiculous and imaginary sources ; now embracing every opportunity of exhibiting romantic courage and feats of hardihood, then unequivocal proofs of timidity and pusillanimity, with a proneness to indulge in all manner of excesses.

Persons of this description seem as if constantly affected by a greater or less degree of stimulation from intoxicating liquors, while the expression of countenance furnishes an infallible proof of mental disease. If subjected to moral restraint or a medical regimen, they yield with reluctance to the means proposed, and generally refuse and resist on the ground, that such means are unnecessary where no disease exists ; and when, by the system adopted, they are so far recovered as to be enabled to suppress the exhibition of the former peculiarities, and are again deemed fit to be restored to society, the physician and those friends who consigned them to his care, are generally ever after

\* See Penel's *Traité sur la Manie*, page 160, where he entitles one of his chapters "Les traits les plus saillans de démance observés quelquefois dans la société.



objects of enmity, and frequently of revenge, and such cases are very subject to relapses.

During a paroxysm of insanity the mental faculties are variously affected. Sometimes they seem in a state of constant ebullition or excitement, at others almost annihilated ; occasionally only one of them is under the morbid influence, while the others appear to acquire increased powers ; and it sometimes happens that the judgment is wholly extinguished, as in some cases of Amentia ; at others, it retains its usual soundness. In a very considerable proportion of maniacs the faculties of reasoning and reflexion are much diminished, though in some these are surprizingly improved ; but except where the mind is much obscured, the imagination is the faculty most affected in mental disease.

When the peculiarities and propensities of such patients are in themselves innocent and only occasional, though they approach ever so near the confines of insanity, there is little necessity for restraint and none for confinement : but when the suspicious traits are of an opposite description, and only the occurrence of some exciting cause wanting to render such persons extremely dangerous, then coercion becomes indispensably neces-

sary. Penel, in his *Traité sur la Manie*, gives some interesting cases which exemplify the truth of these positions, when treating of *Mania without Delirium*, in which he says there is no obvious change in the functions of the brain, but perversion of the active faculties ; men of bad natural tempers, the result of exquisite temperament and defective education, are the subjects of this species ; and those whose occasional paroxysms of *anger* exhibit every symptom of madness, which, if not early submitted to wholesome restraint, terminates in an incurable species of insanity. Some maniacs exhibit perverted reasoning, almost exclusively confined to one subject : this in general is joined with gloom and taciturnity, and frequently with a disgust of life and propensity to suicide, while the subjects of this distressing species of mental disease are almost uniformly of the melancholic temperament, and this forms that species of insanity called melancholy. Of this there are various shades or degrees, some arising from corporeal, others from mental causes : of these further notice will be taken when we come to treat of the Diagnosis. In each of the above species there are periods, when no mark of disease is obvious, and in the majority of such patients,



by a little address, the mind may generally be abstracted or diverted from the erroneous reasoning which constitutes its diseases, and vice versa : but cases are often met with in which the powers of association seem totally obliterated, or the ideas connected by the loosest catenation : in these there are no apparent powers of imagination ; memory and judgment being wholly annihilated, the mind exhibits nothing but a chaotic jumble. Patients of this description will rave incessantly, talk by the hour on all manner of subjects without the least apparent connexion, are perpetually in motion, and so intensely occupied with the emanations of their own disordered fancy, they are almost insensible to every impression.

Insanity, more than any other complaint, seems to take entire possession of the whole system, and almost secures it from other morbid attacks. Mead, (See his *Monita*, Page 72) I believe, was the first who made the observation, and no fact in medicine is more completely established. During the period of prevailing epidemics, maniacs, in their affliction, seem to possess nearly an immunity from these diseases ; and where an exception to this rule has occurred, the original complaint has been removed by the attack of the new one. From hence a

degree of improvement has arisen in the *methodus medendi*, by the introduction of some new disease into the system of maniacs ; as where the patient has not had the small-pox, this complaint may be communicated by inoculation. Indeed a variety of means might be adopted to excite a new order of symptoms, creating considerable commotion in the animal economy, interrupting the morbid associations, and even occasioning considerable temporary bodily disease ; and it is highly probable that, in a great proportion of human diseases, health is restored by the excitement of morbid changes and new specific actions, and that medical men sometimes acquire credit from even the effects of their blunders.

As connected with the History of Mania, it will be proper to notice some circumstances concerning the pulse : a variety of causes, both mental and corporeal, conspire to induce alterations in the circulation of the blood, and it is very difficult to determine what is a frequent pulse, this being a relative term, unless we were acquainted with the healthy standard in every individual, as the range is often very considerable ; in one man it shall be sixty, in another ninety.\* But I would

\* *Nisi pulsus cujusvis hominis antea innotuerit; ex*



by no means wish to convey an idea that the indications from this source are to be wholly neglected, but only that the minute attention to the pulse, which is often of so much importance in other diseases, is not so in mania ; though it should be kept in mind that in this disease the pulse is almost uniformly increased both in force and frequency. The difference of sex, stature, temperament, age, position, and temperature, as well as the state of the mind, are among the principal circumstances to which we must ascribe the variety exhibited in every disease.

Striking and obvious peculiarities in the pulse are never to be neglected, even in madness ; but where these exist without concomitant symptoms, we may suspect natural idiosyncrasy : for Dr. Falconer† met with a case, wherein the pulse did not exceed 40 in a minute, attended with numerous and evident symptoms of fever ; and individuals in the highest health have had their pulse at 120 and 130, while that of others has been naturally full, low, or intermitting ; and it is no uncommon occurrence to meet with patients who possess the power of accelerating or retarding the

*solâ ejus frequentîâ, febris certo discerni nequit."*

Burserii Inst. Med. Pract. Vol. I. p. 9.

\* See his Observations on the Pulse.

pulse by the operations of volition. In many chronic affections the pulse is but little to be depended on ; but with patients labouring under mental affections, whether of the melancholic or maniacal description, it is a peculiarity worthy of attention, which sometimes prevails, that the pulse generally differs in the radial and carotid arteries, and, when soft and weak in the former, is full and hard in the latter.

I cannot but acknowledge that the foregoing general view of Insanity, as well as the history of its attack, is very defective, but it must be allowed that the subject is crowded with difficulties and it seems next to impossible to furnish that grand desideratum, an accurate history and scientific classification of all the varieties of the disease : could this be accomplished, we might hope for certain rules and laws whereby the moral and medical treatment could be regulated with more certainty.

#### OF THE REMOTE CAUSES.

These may be divided into predisponent, and exciting, or occasional ; but as there are several causes whose action, in producing insanity, is not confined to either of the above, but seems, by frequent repetition, not only to bring on the dis-



case where the predisposition already exists, but also to form that peculiar state of the body, these may with propriety be ranked under either class, or form a distinct one of themselves.

The predisponent are either Connate or Acquired: and first of the connate. At the head of the list must be placed hereditary affections; these often descend from sire to son, and are transmitted to successive generations. Certain temperaments have attended a whole progeny; the same habits of thinking, reasoning, and expression, similarity of voice and gait, and a propensity to particular studies, have run through whole families. These facts being indisputable, parity of reasoning allows the possibility of predisposition to diseases being hereditary, and this may with propriety be termed connate. It is hidden among the arcana of Nature, beyond the reach of human comprehension, accurately to ascertain on what these hereditary peculiarities depend, though various, and some very ingenious, explanations have been attempted. That certain improved states of the intellect take place uniformly in certain circumstances of the animal œconomy, as if the first depended on the last, seems evinced by what is observed in rickets, scrophula, mollities ossium,

&c. where defect of conformation is compensated by mental acumen. There cannot be a more unequivocal proof that such connate predisposing causes exist, than that the same powers, acting on some individuals, produce no morbid change in the intellect, while in others predisposed, insanity uniformly follows their application. There is a connate predisposition, where certain peculiarities are exhibited, which mark men as *characters* who delight in oddity, in singularity of manner, modes of thinking and reasoning, such as often accompany the different temperaments when they are exquisitely marked, (See Darwin on Temperaments,) when extreme mobility of body and mind, or torpidity of either, takes place. Diseases of the intellect have been observed to attack those individuals, on whom the impression of an agent is never in proportion to the degree of the acting power; who are much affected by trifles light as air, or remain unmoved amidst the most tremendous shocks. Wherever singularity of natural temper is strikingly obvious, there exists a connate predisposition to insanity: this may be difficult of explanation, but it is reasonable to conclude that where such peculiarities exist, analogous states of the organs of intellect are present. These causes

may arise from a certain inscrutable structure of the primary moving powers of the nervous system, as where it results from hereditary taint ; or be occasioned by the frequent or continued agency of causes tending to produce such peculiarity, such as habitual intoxication, protracted lucubrations, or the inordinate indulgence of any passion : thus the connate predisposing causes may be either corporeal or mental, or the latter may depend on the former, and vice versa.

Among the acquired predisposing causes we may reckon those induced by habit. This has been, with propriety, termed a second nature ; its influence over some individuals is very extensive, and few are insensible to its agency. A late ingenious philosopher (See Darwin on Generation) has started a very singular idea on this subject, that habits of acting and feeling in parents are imparted to the new embryo at the time of its formation, and attend the soul into future life.

Whatever agitates the mind intensely, whatever occupies it exclusively, always hazards its faculties, inducing a state favourable to the attack of mental disease. Rivetted and unremitting attention to one train of thought is a very frequent source of insanity ; the unhappy effects of this dan-



gerous practice commence with the loss of volition, and an inability to abstract the mind from whatever deeply occupies and interests it : the moment this inability takes place, reason totters on her throne, and instead of retaining universal dominion, becomes passive, and is influenced by every trifling impulse. It is a curious fact, that a peculiarity somewhat analogous attaches to the senses of hearing, sight, and feeling ; whatever has occupied either of them for a considerable length of time will seem to be present long after it is dismissed : thus the sensation of gyration after sailing, and the perpetual recurrence of tunes.

Certain professions and employments also predispose to insanity more than others, and especially those in which the imagination is kept constantly in action, and is not counterbalanced by the cultivation of other faculties of the mind, or by abstract and dry studies.

The mind is very intimately connected with the genital system, and the denial of those enjoyments which nature claims, as well as the unrestrained indulgence of the grosser passions, may be enumerated among the acquired predisposing causes of insanity. However unable we may be to explain the action of inordinate sensual gra-

tification, and of the baneful and detestable habit of Monkish seclusion, in producing those effects which occasion the predisposition in question, they are a most prolific source of diseased intellect, and often induce that species of madness which resists the most judicious curative attempts, so that both mind and body ultimately fall a sacrifice; the first losing all its faculties in idiotism, and the last all its locomotive powers in palsy. No habit to which depraved human nature is prone, acquires such irresistible force by indulgence, and none entails more dreadful consequences on its votaries, whether we regard fame or fortune, health of body, or the faculties of the mind. From this lamentable habit, the finest forms and most transcendent mental endowments are frequently destroyed, and it is observed to have a direct tendency to increase that excess of circulation in the vessels of the brain, which I conceive to be so peculiarly calculated to produce insanity. In young plethoric subjects, the effects of these enervating indulgences on the mind are sometimes sudden, and exhibited by marks of high excitement, which generally subside into torpid melancholy without a lucid interval: or should the unhappy patient have occasional returns of reason,

these only render him a prey to more acute feeling, to the reproaches of a guilty conscience, and excite the wish to terminate a miserable existence, by becoming his own executioner. The generality of such patients suffer excessively from violent pains in various parts, tormenting, tantalizing desires, depressed spirits by day, and harassing dreams by night ; the faculties of body and mind becoming gradually affected until they are ultimately destroyed.

It has been generally supposed that the influence of the heavenly bodies is connected with diseases of the mind, and that the periodical returns of their paroxysms are regulated by the moon, hence the term lunacy ; but I am decidedly of opinion, after much attentive observation, that the moon possesses no such power : in some instances, the accessions of violence or of tranquillity have observed a degree of regularity, and it has happened that the first have taken place during the wane of the moon, and the latter in her increment ; but this being only a casual coincidence, cannot establish any law. I will not deny that some influence of the heavenly bodies may produce certain changes in the animal economy both in a state of health and disease, since the fact is estab-



lished by the most respectable authority, (See Mead, Jackson, Lind, Cullen, Darwin, Balfour, Grainger, &c.) especially as we frequently see persons of delicate constitutions becoming a sort of animated barometer, and certain crises uniformly taking place in some diseases; but I never could discover any such power or influence, in the remotest degree, connected with madness.

Among the acquired predisponent causes, none produce more dreadful ravages in the human system, both with respect to the body or mind, than the intemperate use of spirituous or fermented liquors. Fully to discuss this subject would require a large volume, and indeed it has been that of a very ingenious small one by Dr. Trotter.\* The Votaries of Bacchus entail on themselves a most formidable catalogue of diseases, but I shall confine my observations principally to those more immediately connected with the subject of this work. The effects of inordinate drinking in producing intellectual diseases furnish an extended field for the Theorist: the subject is highly interesting but fraught with a tissue of difficulties. It seems obvious that the organ of intellect in

\* See Trotter's Essay on Drunkenness.

different maniacs, whose disease appears to have been excited by habitual drunkenness, is sometimes *primarily* and often *secondarily* affected. In cases where the predisposition to mental disease previously existed, drunkenness has excited it, and, apparently, from its immediate effects upon the brain : persons of this description are, in general, easily affected by small quantities of liquor, exhibit great peculiarities when in their cups, and feel the effect of such irregularities longer than the generality of their companions, while the habit, instead of diminishing the after consequences, as is generally the case with the intemperate, are increased till they terminate in madness, frequently of the worst species. Here it seems probable that the disease is excited by the general stimulation diffused through the system by the sympathy of the stomach, acting more immediately on the brain, and there can be little doubt that such habits have a direct tendency to produce such diseases in cases where no predisposition existed : sometimes the inebriate is instantly cut off by apoplexy or convulsions, but more frequently is a prey to hypochondriasis, hysteria, epilepsy, &c. and hence doomed to a puny, protracted existence, incapable of any de-

gree of mental energy or corporeal exertion. The whole tribe of inflammatory diseases are often the sequelæ of drunkenness ; but, next to the stomach, the liver is most frequently affected, being subject to both the chronic and acute inflammation from this source, and I am of opinion that the morbid state of this viscus is often intimately connected with that of the intellect, where it is not suspected any more than that excessive drinking is the original cause of it : but whenever we meet with maniacal cases, where the heat, increased distention of vessels and redness of the countenance is not pretty constant and universal, but a certain florid appearance of the face, obviously resulting from a morbid state of the cutaneous veins, we may calculate on diseased actions of the stomach and liver, and these furnish the curative indications. Drunkenness seems more immediately to affect the intellectual faculties, and in proportion to the degree of excess the effects are more or less obvious and extensive. A fit of intoxication, as well as of anger, is an epitome of madness, and the first symptoms of this disease have been frequently mistaken for intoxication, especially in those cases of mania which constitute its acute form. The



circulation of blood about the head is uniformly increased by drinking intoxicating liquors to excess, as appears by the protruded and inflamed eye, the suffusion of face, and universal turgescence of vessels, the carbuncles, tumours, and eruptions which constitute that disgusting deformity the *Gutta Rosacea* ;\* and thus a morbid state of distention is induced, which I have supposed intimately connected with the proximate cause of insanity ; which may very rationally explain the sterterous profound sleep which frequently accompanies the greatest degrees of intoxication, as well as the convulsions and attacks of apoplexy which are so often the attendants on this species of intemperance, and its fatal catastrophe.

External heat, especially when applied to the uncovered scalp, has induced a predisposition to insanity, and in some cases has proved an exciting cause, as in *coup de soleil*.

Various peculiarities of structure, and original malconformation of the parts more immediately connected with the organs of intellect, have produced such states of the system as predispose to insanity.

\* See Trotter's Essay on Drunkenness.

Intense study, neglect of exercise, habitual costiveness accompanied by headaches, the suppression of accustomed drains and hæmorrhages, particularly those from the hæmorrhoidal veins, and a sedentary life, have a similar tendency, as also certain chemical poisons.

We come now to consider,

#### THE EXCITING OR OCCASIONAL CAUSES.

These too are either mental or corporeal ; and many of those we mentioned as having a tendency to induce a predisposition to insanity may, in certain circumstances, prove exciting or occasional causes.

Both the depressing and exciting passions have proved occasional causes of mental diseases.

Perhaps it would not be far from a just conclusion, and might direct to the most successful mode of practice, were we to assert that all those causes of insanity which we have termed mental, particularly the various passions, induce the disease in a similar way with intense thinking confined to one subject. Slight desultory contemplations leave transient impressions, but deep continued study exhausts both body and mind. It has been supposed, and perhaps justly, that all our thoughts,

sensations, and intellectual exertions, are accompanied with correspondent motions ; close, severe, and exclusive thinking has a direct tendency to weaken, confuse, and destroy the intellect. Our own feelings, the existing symptoms, and the appearances on dissection, tend to confirm the opinion, that these effects are produced by that change in the circulation about the head which uniformly attends the action of such causes. Thus the various passions according to their nature, degree of action, and the subjects acted upon, prove the predisposing and exciting causes of insanity.

Though, as before observed, the inspection of the brains of maniacs after death, has added but little to our knowledge of the various agents which induced the attendant symptoms, yet, in a great majority of cases, there have been most decided proofs of inordinate circulation, and we know that very trifling causes, acting immediately on the organ of intellect, derange its functions ; thus the pressure of a very minute exostosis from the inner table of the cranium, the distention of some of the finest vessels of the dura mater, and the extravasation of a very small quantity of water or blood on the superficies of the brain, have produced the utmost confusion of ideas.



I have found Religion and Love the most frequent among the exciting causes of madness, and source of the most obstinate cases: both may produce this dreadful effect by an intense and exclusive direction of the mind to one subject, by the action of opposing passions, such as hope and fear, or by rendering the sensibility morbidly acute; thus individuals, whose judgment is not proportionate to their feelings, are peculiarly liable to become insane from these sources.

It may appear strange that religion, the greatest blessing bestowed by heaven on man, should ever prove a cause of one of his severest calamities. But perhaps it would be more accurate to impute such unhappy effects to absurd views, or to the total want of it; or to its being the most important and interesting of all other subjects, and least within the comprehension of weak minds and casual observers.\*

\* The Editors of the Annual Medical Register in speaking of the probable event of mental maladies, in their review of Mr. Haslam's work, have given him credit for stating in so *bold* and *manly* a manner his opinion on the subject of religious melancholy, and observe that the difficulty of curing this species of madness, will be readily explained from the consideration, *that the whole of their doctrine,*

I am well aware that very various and opposite opinions are entertained on the subject of religion as the exciting cause of mental diseases,

(that of the Methodists,) *is a base system of delusion, riveted on the mind by terror and despair, and there is also good reason to suppose, that they frequently contrive, by the grace of cordials to fix the waverings of belief, and thus endeavour to dispel the gloom and dejection which these hallucinations infallibly excite.* They then quote from Mr. H.'s work as follows:—"Although the faction of faith will owe me no kindness for the disclosure of these opinions, yet it would be ungrateful were I to shrink from the avowal of my obligations to methodism, for the supply of those numerous cases, which has constituted my experience of this wretched calamity." The Reviewers add, "Let the disciples and advocates of Methodism read this and tremble."—This is taking a very limited and illiberal view of the subject, and savors more of sectarian bigotry, than philosophical benevolence, is ill calculated to correct the errors of Methodism, or heal the wounds they have produced. I am no Methodist, but have been occasionally led by my professional duties to pay some attention to their tenets; and hence am led to believe, that the fashionable declaimers against this persecuted sect, are more prone to form a judgment from casual solitary instances of delinquency, than to investigate and appreciate the merits or demerits of their system. And it would appear, from some late publications, that there is less sympathy, even among medical men, for cases of this description, than for most others, and though

but many an unhappy instance has occurred in my own practice, where the ignorant or injudicious zeal of preachers has induced hypochondriasis, insanity of the most incurable species, and moping melancholy, often terminated by suicide.\* Professors of this description, with the very best intentions, too frequently make no allowances for the peculiarities of natural disposition, and impute to serious conviction and celestial influence what more properly belongs to incipient disease ; but while symptoms of insanity are sometimes mistaken for sudden conversions and serious impressions, real religion is too often considered as an unequivocal mark of mental derangement, simply because those, who thus decide, possess no sympathy with such feelings ; as Festus said

none are more deplorable, or have greater claims to our commiseration, they are more frequently the subject of wit and ridicule, than of rational medical treatment ; but it should be remembered, that individuals of every religious persuasion are subject to devotional insanity.

\* It has been hinted by some of the author's friends, whose opinion he highly respects, that the singling out the conscientious exertions of any class of Christian Ministers, as exciting causes of insanity, is objectionable, and calculated to cast an oblique reflection upon religion itself, than which nothing could be farther from his intention.



to Paul, thou art beside thyself, much learning doth make thee mad ; when he replied, I am not mad, most noble Festus, but speak forth the words of truth and soberness.

Instances very frequently occur in practice, in which patients have appeared, some suddenly and others gradually, to be seized with a species of religious horror, despairing of salvation and the like, asserting that they had committed sins which never could be forgiven, who had never previously appeared to be under religious impressions, nor attended the preaching of Methodists. Some of these have been visited by Divines of various denominations, and been induced to hear sermons and read books well calculated to dispel gloomy apprehensions, and excite religious hope and confidence. With some this has succeeded, especially when conjoined with medical aid, but it has been observed, that in the cases of those who have recovered, the patients have *emerged* precisely as they *immersed*, for, as they before were unconcerned about religious matters, so they remained after their recovery ; thus the indisposition has been very erroneously imputed to religion, when it has had no kind of affinity to or concern with it ; such cases almost invariably

exhibit the same symptoms, which generally turn on these two points, despair of temporal support, or despair of final salvation. But the medical practitioner, and not the divine, is the proper person to be consulted in such cases, and, however the mind may be affected in them, the medium of relief is the body, and by means of medicine. It may be added, that the agonies of mind under which some persons labour, who are called fanatically mad, arise from a sense of moral turpitude, independent of any peculiar religious tenets or opinions.

Nothing is more calculated to depress hope, and induce despondency, than the indiscriminate practice of minutely describing, in the most glowing colours, the effects and consequences of sin, the horrors of hell, and the sufferings of the damned; dwelling more on the judgments than on the mercy and goodness of the Deity: inordinate fear acting on weak minds having a direct tendency to confuse the intellect.

I by no means wish to condemn any form of religious opinions, but only the manner of exhibiting them; for I am fully convinced that a very injudicious mode of enforcing and display-

ing truth may unite with real piety, and produce the effects I deplore. Cowper beautifully says,

True piety is cheerful as the day,  
Will weep indeed, and heave a pitying groan,  
For others woes, but smile upon her own.

It is true that the cheerful, though not the benevolent, effect of religion is sometimes obscured and counteracted by the peculiarity of natural temperament, or the particular state of the mind, and thus it becomes a painful, anxious apprehension rather than a consolatory hope.

The hardened and impenitent, whose moral sense seems either depraved or annihilated, it must be admitted, require all that is terrific in description to produce any effect ; the most convincing arguments, the most energetic language, are indispensably requisite to attract attention ; but still no address from the pulpit should present images of terror only, or be more calculated to excite fear and dread than hope and consolation ; but while describing the fatal consequences of sin, it should hold up to view the pleasures of piety, should contrast the joys of the righteous with the horrors of the wicked, and make it plainly appear to the conviction of the meanest capacity, that no one



ought to despair, and that hope is admissible in every case.

Love, when directed to a proper object and regulated by reason, may be justly esteemed one of our most grateful and interesting passions ; but no one is so liable to vicissitudes and extremes, takes more complete possession of the human heart, or has been productive of such prodigious effects ; while history, ancient and modern, as well as daily experience, furnish the most convincing proofs of its having been a fruitful source of diseased intellect.

Disappointment, Jealousy, and particularly Seduction, as consequences of this passion, are too often the cause of insanity of the most deplorable species.

In men, disappointed love may induce this effect by driving its victims to various kinds of dissipation, such as intoxication, excessive venereal gratifications, or solitary indulgences, which, debilitating both body and mind, have a direct tendency to produce mental diseases.

The corroding suspicion that constitutes the passion of jealousy is a very common origin of madness, and unhappily its subjects are too frequently stimulated to the commission of the most

atrocious crimes, the consciousness of which assists in the subversion of the rational faculties.

The detestable crime of Seduction is another very fertile source of insanity ; its cruelty and criminality must strongly impress every heart in which humanity is not wholly obliterated. The common consequences of seduction are the fear of discovery, consciousness of guilt, and the reproaches of the world. The female sufferer sinks to despondency while experiencing the neglect of the inhuman being in whom she confided : her tenderness is thrown back on her own heart, with no eye to pity, no ear to listen to her tale of woe. Can we wonder if women suffer the loss of reason in such distressing circumstances ? Perhaps the most disinterested affection has been the original cause of their deviation from the path of virtue, and thus tenderness became the instrument of their ruin : for in proportion to the sensibility, consciousness of shame, and remaining virtue of the victim, may we apprehend the degree of morbid effect on the intellect. Sometimes the unprincipled seducer himself falls a sacrifice to his infamy, if he be not a practised villain ; but unfortunately for the present age the crime is too common, and we more frequently meet with men

glorying in their cruel success, than suffering from remorse. Perhaps I have already said too much on this subject, I will only add that several instances have come to my knowledge, in which it appeared, that the opposition of love and parental duty was the exciting cause of insanity. This has most frequently occurred among females, whose love seems to possess more tenderness and less passion than that of the other sex.

The corporeal occasional causes of madness are as varied and numerous as the mental; and, as was observed above, many of them, by their frequently repeated action on some systems induce a predisposition. Excessive venereal indulgences, intoxication, heat, previous fever, suppressed evacuations, repelled eruptions, old sores, and drains dried up, injuries done to the head, profuse hæmorrhages, painful protracted parturition, tumours, and peculiarity of shape of the parts about the brain, are the principal among many other corporeal exciting causes of mental disease.

From the foregoing observations it will be easy to perceive that most of the causes enumerated, whether mental or corporeal, have a direct or indirect tendency to induce an increased circulation in and about the brain; and though, as is observed



in another part of the work, nature has guarded against an occasional or temporary circumstance of this kind, yet it seldom takes place to any considerable degree, or for any length of time, without prejudice to the intellectual faculties. The effects of an increased force or unnatural quantity of blood sent to the head are sometimes wholly mental, at others solely corporeal. In the first instance they are marked by grotesque and incongruous catenations of thought, varying *ad infinitum*, while the senses of sight, hearing, and feeling are morbidly affected: transient clouds, floating insects, crimson flashes, &c. obscure vision; voices and noises harass the hearing; a sense of universal or partial formicatio, local or general contraction of the scalp, and the various muscles connected with it, as well as a great number of other fancied sensations, prove a morbid state of feeling, all of which catch the attention, and produce intellectual wandering, and this varies according to the intensity of impression, the constitution of the patient, or the predominant passion. The corporeal effects of an inordinate determination towards the head are a suffusion of the face, sense of oppression, and intense head-aches, frequently accompanied by an increased dilatation

of the pupils and eye-lids, while the vessels of the adnata are often loaded with blood, and the whole orb protruded. In many cases there is a staring wildness or an increased brilliancy of the organ of sight, with a contraction of the whole features, giving an unnatural expression to the countenance not easily described, which in a former part of this work has been termed *maniacal*.

A thousand facts conspire to prove the remarkable reciprocity of action that subsists between the mind and body. A great variety of causes, both mental and corporeal, contribute to produce peculiarities of mind and manners which border closely on insanity.

Were I disposed to speculate on this interesting and curious part of my subject, I might remark, as a satisfactory proof, that certain important changes, being once introduced into a class of individuals, may be transmitted from father to son, the circumstance of all the different races of men descending from our first parents, whether we suppose them to have been white or black, exhibiting such a curious variety of colour, shape, temper, constitution, &c.—Hence it is obvious that certain physical causes have conspired to produce these effects, which

are uniformly propagated, though moral ones may at the same time be supposed to contribute somewhat to their production.

#### OF THE PROXIMATE CAUSE.

All inquiries on this subject are involved in such a cloud of obscurity, that in speaking of it, we can advance but little beyond vague conjecture; for whatever be the changes of figure, distance, site, or magnitude of the parts subservient to thought, that cause madness, we certainly are not acquainted with them. “Were we always to find a particular symptom, the invariable attendant on particular modification of morbid action, and this consequence to happen as regularly as the effect of any other constant exciting cause, and did no instances prove the fallibility of such expectations, then might we deduce general conclusions, in all probability incontrovertible.” It seems, however, most rational, in every point of view, and more particularly in a practical one, to suppose the existence of bodily disease in every mental one, even though the exciting or occasional causes be obviously moral. It may be difficult, if not impossible, in most cases of insanity accurately to ascertain and de-



line in what this bodily disease consists, yet there can be no doubt of its existence either in structure or action, and this I conceive to be the proximate cause of the various modifications of mania, and I am decidedly of opinion, that there are no rational grounds for believing that these complaints are ever purely mental. In most dissections of maniacs, obvious marks of disease have been detected, either in the brain itself or in some other important parts in its neighbourhood, or more intimately connected with it; and since many morbid affections may exist during life which are not of such a nature as to leave visible marks or traces after death, it may be fairly inferred that some material disease in the brain itself, either primarily or secondarily induced, is the proximate cause of mania. In the majority of cases submitted to anatomical investigation, the appearances have been almost uniformly such as demonstrate a state of morbid distention of the encephalon, however induced, which state is incompatible with the healthy performance of the intellectual functions. In the florid phlogistic furious maniac, one may readily imagine this: here the blood may be justly supposed more viscid and firm in its texture, as happens in the Phlegmasiæ of

Cullen, with strong arterial action ; and it is equally rational to suppose that in an opposite class of maniacs, whose defective intellect is accompanied by exhaustion, debility, total want of vigour and diminished vires vitæ, as often happens in puerperal cases, the mental aberrations arise from want of vigour in the system, more particularly in the action of the heart and arteries, and either from a poverty or paucity of fluids the brain seems defrauded of the just quantity necessary to furnish that degree of distention which I have stated to be absolutely requisite for the healthy performance of its functions.

It may appear inconsistent and unphilosophical to impute similar effects to opposite causes, and difficult to conceive how a degree of distention *below* as well as *above* the healthy standard can produce such morbid effects : but when we contemplate the exquisite *package* of the brain, and how much its functions are disturbed by very minute causes, we can easily imagine the two states of vessels above described quite equal to the production of the effects we impute to them. However visionary this may appear, it leads to important conclusions in a practical point of view ; and proves the absurdity of that system too

uniformly and universally adopted, of employing debilitating means in every case of mania, accompanied by symptoms of high excitement, and here I would take occasion to remark that cases frequently occur in which a degree of plethora appears to exist about *the heads only* of maniacs, the other parts of the system being quite in an opposite state : this may often be very accurately ascertained by an examination of the radial and carotid arteries at the same moment ; and I may add, that this partial plethora, which is sometimes most obviously the proximate cause of the mental disease, may be occasioned by powers acting in distant and different parts of the system, more particularly in the stomach and liver : hence we might very properly divide mania into what may be termed idiopathic and sympathetic, the first including these cases which arise from causes apparently existing within the brain or cranium, the second where they seem connected with distant affections.\*

\* A French author, Monsieur Proust, has attempted to prove that the causes of mental disease are not so much situated in the head as in the stomach, and other abdominal viscera : he is said to have observed, that the contents of the bowels in those who have died in these disorders, are



It has been the prevailing opinion, that the mind can be morbidly affected, independent of any corresponding affection of the brain ; but this seems contradicted by all accurate anatomical observation, which compels us to yield to *facts* when we resist *speculation*. The more recent discoveries in physiology show, that the phenomena of mind (whatever may be their precise nature, or in whatever way they are produced) are influenced not merely by a peculiar conformation of the brain, but by its chemical composition : and this is affected, directly by the blood and indirectly by air, exercise, and food. If no organic affections are said to have been discovered in some few instances, we should not reason negatively from dissections, perhaps cursorily and ignorantly made, and with instruments ill adapted to detect minute, and apparently trivial deviations from the natural structure.

replete with mucous and bilious matter, more or less discoloured or dark ; as also worms, and very frequently the inner membrane reddish, or even changed altogether from its proper colour in divers parts or points of its surface ; the gall bladder and its ducts dilated, and frequently containing concretions, while the liver itself is swelled or enlarged.

## OF THE PROGNOSIS.

Authors agree that most cases of Insanity are curable in the earlier stages of the disease, and that the probability of recovery diminishes as the length of its duration increases. The chances of recovery are against those madmen who can trace their indisposition to a lunatic ancestry. When the causes are accidental or obviously corporeal, a favourable termination may be expected. Where the subjects of hallucination vary, and the mind is not obstinately fixed on one topic, and where remissions and lucid intervals take place, hope may be indulged ; as also in those cases where the natural disposition is not materially changed, and the mind can be easily diverted from the deranged train of thought, where a succession of ideas occupy the mind, and where these are of a gay and interesting complexion. The insanity subsequent to parturition is generally curable, if the curative attempts be rational, which is not always the case.\* Where the disease arises from religious enthusiasm, from the mind's being in-

\* Car dans la manie, comme dans beaucoup d'autres maladies, s'il y a un art de bien administrer les medicamens, il y a un art encore plus grand de savoir quelquefois s'en passer. See Traité sur la Manie, par Mons. Pinel.

tensely impressed with tenets of the most pernicious tendency, the probability of cure is not flattering.\* Paralysis, hemiplegia, and diseases of this class supervening, may be reckoned among the unfavourable occurrences : in these cases the system is rendered insensible to the action of medical agents, and the unhappy patient too frequently sinks into fatuity, a state which does not admit of even a ray of hope, and to which death itself is preferable. In every instance of insanity the prognosis must be doubtful ; but I think it may generally be favourable where the action of the heart and arteries is preternaturally increased, though there be no other symptom of pyrexia. If the pulse continue perfectly natural, it is an unfavourable symptom, more so than if unnatu-

\* No disease of the imagination is so difficult to cure as that which is complicated with the dread of guilt : fancy and conscience then act interchangeably upon us, and so often shift their places that the illusions of one are not distinguished from the dictates of the other. If fancy presents images not moral or religious, the mind drives them away when they give it pain ; but when melancholic notions take the form of duty, they lay hold on the faculties without opposition, because we are afraid to exclude or banish them.—Johnson's *Rasselas*.



rally slow, as in the latter case we may reasonably suspect some unequal pressure on the brain, not wholly out of the reach of remedies. When the remote cause of the disease is obscure or obviously mental, and where intense application has been directed to only one subject, such as love and religion, the prognosis will be dubious.

It may be esteemed a favourable circumstance when the countenance frequently exhibits changes of expression, is now flushed and then pale ; and unfavourable when the patient, previous to his maniacal affection, shall have been subject to violent occasional or periodical pains in the head ; and especially if these have been confined to the region of the cerebellum. It seldom happens that insanity terminates fatally ; but this is always to be suspected when the symptoms of furor are incessant and excessive, and when all the means employed fail to produce any remission, as also when any violent unnatural motions of the head and eyes take place and continue for any length of time ; when the latter squint, are alternately opened and shut, look wild, staring, glassy, blood-shot, or suffused with tears, are not sensible to vivid rays of light thrown upon them ; when drastic remedies fail to produce any effect,

and when rubefacients, blisters, and the most acrid synapisms, neither vesicate the cuticle, nor even increase the heat or circulation about the parts to which they are applied. Those maniacs who are most susceptible of fear, as they are more easily managed, and with whom this passion can be medically employed, most frequently recover ; though, in fact, there are very few patients of this description, who with very little address, are not easily awed, as it has been very justly observed that madmen are generally cowards. The more distant the peculiarities of the patient from his natural habits and disposition, the less hope of cure and vice versa. Rich citizens who, from a bustling active course of life, retire into the country to enjoy the *otium cum dignitate*, frequently become hypochondriacal or mad, and are with difficulty cured. Though individuals of every temperament become insane, it has been observed that those of the sanguine more frequently recover.

The duration of mania, as well as its termination, differs in different individuals who are ultimately cured, and the discrepance arises from a variety of circumstances. In some maniacs there are few intervals of calmness or rationality ; in

others, the hallucinations occur only at stated or irregular periods ; and my experience induces me to pronounce the most favorable prognosis on those of the latter class ; and that hope may be indulged in proportion to the length and frequency of the lucid interval. As the attack is often sudden, so is the cessation or remission ; but wherever this last is the case, I would caution my Medical Brethren against being deceived by appearances, and always to remove the means of restraint very gradually, as such Patients generally relapse ; or it may happen that the apparent mitigation of symptoms and quiescence is only the result of artifice, and assumed for the accomplishment of some sinister purpose. When the disease has originally crept on imperceptibly, and taken complete possession of the patient before any attempts have been made for its removal, it is generally of long continuance and too often incurable. Sometimes madness subsides into incurable melancholy, and frequently these two states alternate with each other ; but the most hopeless sequela of disordered intellect is idiotism.

However violent the symptoms during the existence of mental disease, the intellectual powers seem seldom to suffer on its removal ; and it very fre-



quently happens, that the patient retains the most lively and accurate recollection of every circumstance which occurred during the very acmé of the paroxysm, contrary to the calculation of his attendants ; hence an argument arises against the employment of any unnecessary violence and severity, and in favor of the kindest and most humane treatment. In every case relapses are to be expected and precautions used in order to prevent them.

#### OF THE DIAGNOSIS.

The distinction of insanity from other diseases, whether we view it as a medical or juridical question, is of the highest importance. *Prima facie* no difficulty would seem to exist, but experience proves the contrary ; and where the most respectable opinions are in opposition, the greater caution and diligence are necessary to determine the point.

Among medical authors and nosologists, either the definition of fever is defective or that of insanity. *Delirium sine febre* (See Cullen) is certainly not a proper definition of madness, since we so frequently meet with cases of insanity, in which the most unequivocal and obvious charac-

teristics of pyrexia are present, as generally happens in puerperal mania. It is not every slight perturbation of mind, or confusion of thought, that constitutes insanity, even where fever does not exist. As the features of mankind differ, so do their mental peculiarities. Idiosyncrasies of mind exist as well as of body. In some exquisitely marked temperaments, the characteristic traits nearly approach those of diseased intellect, and it often requires the nicest discrimination to determine the difference, the maniacal expression of the countenance alone forming the diagnosis.

Madness is always to be considered as a chronic disease. It often exists for years without injuring the system or deranging any of its functions ; other disorders, which in any degree resemble it, are, for the most part, acute.

In some of the most prominent features, Delirium makes the nearest approaches to Madness. Delirium in every case is a symptom depending on previous acute disease. The best distinguishing marks arise from the different states of the intellect when under the influence of the two diseases.

In delirium the patient is not conscious of surrounding objects, such as the bed, chamber, &c.

nor does he know his attendants, unless excited by some violent stimulus, and this consciousness is very transient, as he soon relapses into his former state; while the madman knows every thing about him, but reasons falsely and absurdly respecting them, and, as Dr. Darwin observes, (See *Zoonomia*) the voluntary powers of his mind are intensely exerted on some particular object of his desire or aversion; he harbours a suspicion of all mankind lest they should counteract his designs, and while he keeps his intentions and the motives of his actions profoundly secret, is perpetually studying how he may acquire the object of his wishes, and prevent or revenge the injury he suspects. In most maniacs there exists a peculiar predominant idea or class of ideas: upon topics connected with these, some can reason with propriety, though it generally happens that the associated trains of thought are excited by the most loose and distant catenations. In delirium, the ideas seem totally unconnected, and no sort of consistency is ever observed: as in drunkenness so in delirium, there are more evident marks of diseased action in the system, particularly in the vessels about the head, than in madness. What has been said of delirium will apply



more particularly to phrenitis: in both the most unequivocal marks of fever accompany the confusion of ideas, as does also a morbid state of some of the functions: both are in general acute temporary affections, attacking with violence and soon terminating; but these observations will not apply in mania.

Insanity, in general, is easily distinguished from all those other complaints which affect the intellect, and are accompanied by an abolition more or less complete of the external and internal senses, such as apoplexy, carus, cataphora, coma, &c.\* There would be little difficulty in distinguishing mania from idiotism, if the latter did not sometimes supervene as a sequela of the former, though it is seldom so complete as in those cases following epilepsy, or where the party is an idiot from the birth, as in some of the inhabitants of the Alps, the Cretins and Goitres,

\* “ Though there exist strong indications that the barriers are sometimes but slender, which are raised between disorders of the brain, generally distinguished by the most opposite symptoms, and that a slight modification in the vascular action, may produce very opposite effects, which is satisfactorily proved by the circumstance of mania, alternating with paralytic weakness.” See Cheyne on Apoplexy,

who seem only impelled like animals by appetency, and seldom exhibit more reasoning powers than the brute creation ; but maniacs will always reason, and sometimes right, though upon false principles, while the expression of the features in idiots and madmen is very striking and peculiarly characteristic.

The accuracy of a diagnosis is never more necessary than when insanity, for particular purposes, is feigned ; but the consideration of this subject must be left to another part of the work.

Hypochondriasis\* exhibits symptoms very similar to this disease, and, when it occurs in a strongly marked melancholic temperament, is with difficulty distinguished from melancholia, to which it is often converted. But in most cases of hypochondriasis, though there exist a peculiar state of mind, a seriousness, gloom and listlessness to motion, with groundless fears ; a want of energy, and that propensity to view all objects on the darkest side, which foreigners,

\* Hypochondriasis et melancholia non semper distingui possunt. Si quando autem possint, nullo alio signo quam per dyspepsiam in hypochondriasi semper præsentam, in melancholia sæpe absentum rite, quantum video, distinguendi sunt. Cullen's Sinopsis.

with a degree of justice, attach almost exclusively to the English; and though, as in madness, there be no fever, yet there is no defect of judgment, nor injury of the reasoning faculty.

Inordinate timidity is one of the most prominent features of hypochondriasis, while the patient's fears are generally confined to his health, which induces him to be particularly attentive to his feelings, and so minute in his description, as frequently to exhaust the patience of the physician; which, as Dr. Cullen observes, very rationally explains the usual propensity in hypochondriacs to change their medical advisers, and renders them the dupes of empiricism. Individuals suffering from this complaint, are said to be nervous, hypped, vapoured, &c. and, too frequently, are taxed with embodying imaginary indisposition, and as seldom excite sympathy.

In some species of epilepsy, the diagnostic marks between it and mania are very obscure: the same causes acting on different individuals, induce epilepsy in some, and madness in others; and cases are frequently met with in which the two diseases exist in the same individual, and occasionally one is converted into the other, and



sometimes an attack of insanity totally annihilates every symptom of epilepsy.

In dyspepsia too, the mind is in a slight degree frequently affected by the state of the body, occasioned by this troublesome disease.\* But here the disordered state of the stomach will easily exhibit the primary affection, especially when the temperament is attended to, which is almost uniformly the sanguineous, or at least those modifications of it, in which its characteristic marks predominate.

In hysteria also, how different soever the corporeal symptoms, so as to furnish decided diagnostic marks to distinguish it from other diseases, much difficulty often attaches in pointing out the difference between it and some degrees and species of mania, in consequence of the attendant effects upon the mind. In the paroxysm itself, hysteria is easily ascertained, but during the intervals, which are of longer or shorter duration, hysteric patients are often subject to a variety of peculiarities both of body and mind, to certain involuntary motions and affections, such as laughing and crying, with sudden transitions

\* See Cullen's Practice, vol. iii. chap. MCXCII.

from one to the other, and these are often conjoined with mental delusions, groundless apprehensions, and lesions of judgment.

Much difficulty would attend the diagnosis between mania and melancholia, did we not conceive them to be only modifications of the same disease, and that all the varieties of insanity might be ranked under these two classes, for however ingenious and amusing the minute and extended divisions of some authors, they are perfectly useless in a practical point of view: for daily observation will convince the unprejudiced physician, that all the symptoms and peculiarities which are stated to characterize the varieties, often occur in the same patient. These two classes, mania and melancholia, as the Edinburgh Reviewers very justly observe,\* may be stated to consist in *abstraction* and in vivid *imagination*. The one will comprehend that state, where the mind separates the combinations which are presented to it, and fixes its attention exclusively upon one single object. The other combines the different objects and various sensations, creates new ones, and mistakes conceptions, the recollec-

\* See Edinburgh Review for April, 1803.

tion of past perceptions for real existences. Before quitting this part of the subject, it may be necessary to add, that the nature of mental indispositions does not vary according to their causes, but according to the temperament of the patient.

It would appear from the writings of Cælius Aurelianus, Trallian, Aretæus, Paulus Ægineta, and other ancient authors, that they too supposed mania and melancholia only varieties or degrees of the same disease. Dr. Trotter\* is of opinion, that dyspepsia, hypochondriasis, and melancholia, are only modifications or different degrees of the same complaint. The stomach and chylopoetic viscera, have much to do with some species of mental disease; this would seem to warrant the propriety of the idea which obtained among the ancients, that the *pyloric* and *cardiac* orifices of the stomach, were the frequent seat of disordered intellect, for it must be allowed, that the sympathies which obtain between the brain and other viscera, will go a great way towards explaining most of the symptoms which characterize the diseases, called hypochondriasis

\* See his Essay on Drunkenness.



and hysteria ; though in the latter, the uterus is the organ most intimately connected with the brain.

#### OF THE METHOD OF CURE.

In a great proportion of maniacal cases, the candid physician will be willing to allow that the indications are so obscure, the practice may with strict propriety be termed empirical, in fact, that it is merely “ the accumulated experience of the *lædientia* and *juvantia*.”

Before proceeding to the consideration of individual remedies or particular means, I must again reprobate the indiscriminate employment of sedative and debilitating systems, or what is called the antiphlogistic plan, whenever the mental indisposition is accompanied by symptoms of high excitement. These frequently take place, as repeatedly observed before, in subjects weak and delicate by nature, or rendered so by previous disease: this is clearly exemplified in cases of puerperal maniacs, in which we frequently find that during the paroxysm of violence, the *vires vitæ* are so reduced that exhausted nature cannot rally but sinks to death ; and how often has this fatal catastrophe been accelerated by injudicious medi-

cal treatment? How often have we seen the slender delicate female one day resisting the combined efforts of three or four stout attendants, and the next reduced to the extreme of weakness? how frequently have we witnessed instances in which the whole class of debilitating remedies have been employed in hurried succession, which have only extinguished the symptoms with life. It would seem reasonable under such circumstances, where incessant vociferations and violent exertions accompany the mental hallucinations, that the medical attendant should have recourse to active means, and his skill might be questioned by the inexperienced were he to look on, a quiescent spectator, nevertheless his principal duty, in the majority of such cases, consists in seeing the party secured in the easiest and most complete manner, that the muscular exertions be efficaciously restrained, not by the combined efforts of the attendants, but by approved mechanical means, such as the strait waistcoat, soft ligatures, quilted and stuffed straps, &c. that these be as simple as is consistent with security, that they do not make partial or painful pressure, nor accumulate heat, that the patient is placed in the horizontal position with the head considerably elevated, which

should be divested of all bandages and covering, be kept perfectly cool and in as quiescent a state as possible, while the heat may be increased and accumulated about the lower extremities, that all stimuli be abstracted, and, in general, the light excluded.

In every case of disease, a careful and minute investigation is indispensably necessary, but more particularly in those where the mind is disordered; as it frequently happens that the best information we can procure from the patient, or his friends, is incomplete or erroneous; one of the characteristics of madness being a propensity to deceive.

The medical and moral treatment of maniacs, in general, must necessarily vary, but there are some few rules that apply in all cases. The first attention of the practitioner is to see that the proper means of securing the patient be at hand; or if he be under coercion, he is to determine, from the symptoms, the propriety of continuing, diminishing, or of wholly removing it. His next care should be directed to the causes which are supposed to have given rise to the insanity, then to inform himself whether any peculiarities, natural or acquired, previously existed either of body or mind, if the patient had been subject to violent



passions, intoxication, sudden variations of temper, fits of any kind, such as epilepsy, and convulsions, head-ache or hernia, marking the leading features of the disease, the subject of the hallucination, the idea that most frequently occupies the mind of the maniac, and determining whether it should be combated or indulged in order to second his curative attempts ; as also whether the patient is most disposed to injure himself or his attendants, cautiously seeing every dangerous weapon removed from the apartment, and that he be furnished with every necessary comfort. Should no alarming or prominent symptom forbid, the maniac may be allowed to remain in his new situation, or under any new circumstances that may have been adopted, some hours before any medical plan be entered on. As it frequently happens that insanity, if not occasioned, is continued by the very means adopted for its removal, it therefore becomes an object of the first importance to ascertain whether any medical or even moral means are necessary, instances having often occurred in which every symptom of mental derangement has gradually disappeared, as the vessels became filled, the strength recruited, and the health re-established. As most patients of

this description, previous to their being submitted to restraint or medical means, have been exposed to causes that disorder the *primæ viæ* and chylipoetic viscera, where a certain degree of torpor is almost uniformly occasioned, whereby their natural healthy functions are impeded, and a fomes of irritation often accumulated, it may be laid down as a general rule, with very few exceptions, to commence the plan of cure by emptying the stomach and bowels by varied means suited to the case, for even the existence of diarrhœa is not an unequivocal proof that purging is not necessary, as indigested sordes, or indurated fæces may occasion it.

Though the diet must be regulated by the symptoms, yet a system of regularity, of fixed periods for meals, &c. should be invariably observed in every instance : this makes a principal part of the mental regimen which is of the highest importance in the management of the insane.

The various means to be adopted in attempting the cure of insanity, for the sake of method, may be divided into moral and medical. Under the first may be ranked management, which is of the highest importance in the treatment of maniacs, in almost every case is indispensable, and has suc-

ceeded when the most active means have failed. The art of management results from experience, and depends in a degree on the natural endowments of the practitioner ; it partly consists in address, and is principally displayed by making proper impressions on the senses ; in yielding to the more trifling and harmless subjects of hallucination, and opposing and correcting the more important ones ; in counteracting one passion by another of superior force ; but in a majority of cases, the administration of comfort and consolation, with a system of rewards and punishments, form the basis of what is called management. It cannot be too frequently repeated that, even in the medical management of maniacs, the physician should never forget that sympathetic tenderness which the sufferings of humanity claim ; he should only take care that this be not so far indulged as to diminish his steadiness and presence of mind : for the furious madman, as well as the miserable melancholic, is frequently sensible to tender impressions, and “ Gentleness of behaviour makes the approach of a physician be felt like that of a guardian angel sent to afford ease and comfort, while the visits of the rough and unfeeling resemble those of a minister of



vengeance and destruction.” It is impossible to exhibit a set of invariable rules for this department of our curative attempts : the methods had recourse to, and the conduct both of medical and other attendants, must be regulated by the circumstances of the case. In some, recourse must be had to the most extreme measures, for the security of the party themselves and for the safety of others ; but very often the most opposite methods are indicated, and the experienced practitioner knows that a very slight or simple moral or medical system, firmly supported and persisted in, has produced very considerable effects. Most maniacs being artful, and their minds intensely fixed on the accomplishment of any wild purpose conjured up by the disease, physicians should be constantly on their guard ; their grand object is to procure the confidence of the patient or to excite his fear and veneration. The first may be obtained by very varied means : I have known instances in which the most furious maniacs in consequence of being liberated from their shackles by my direction, and under my own immediate inspection, so attached and devoted to me as never again to require coercion. Fear is excited by firmness, and menaces producing strong imp-

sions on both mind and body, while confidence and veneration often result from soothing and gentleness. Whatever methods are adopted in order to excite either fear or confidence, deception is seldom admissible ; no promise should remain unfulfilled, no threat unexecuted.

As every object has its associated trains of ideas, it should be an invariable rule, in the management of maniacs, to remove from their senses those that have even the slightest connection with the mental derangement. Reasoning with maniacs is generally worse than useless ; but the ideas that partake most of the hallucination, may be sometimes very efficaciously combated by a few self-evident arguments or propositions often repeated ; but the talking *at* will be found more efficacious than talking *to* a patient ; that is talking of him to a third person in his presence and hearing.

There are a thousand circumstances, which tend to diversify the effects produced by the same causes on the minds and manners of men ; and it is obvious that those peculiarities which are the most prominent must be attributed to the influence which these have on the system ; and which, both in sound and diseased intellect, al-

most uniformly depend on temperament ; There cannot, perhaps, be a more striking proof and example of the mind's affecting the body than blushing ; or of the body's affecting the mind than is exhibited in drunkenness. In the former of these cases, the influence may be carried to such a degree as to produce not only bodily disease but even death ; and in the latter, not only temporary derangement but permanent insanity ; and here I would take occasion to observe that the idea of medicines possessing the power of influencing the mind, excepting through the medium of their action on the body, is erroneous.

The experienced physician, in the treatment of these deplorable maladies, will find himself under the necessity of occasionally deviating from the accustomed routine of practice, and, in some cases that have resisted the usual methods, is warranted in adopting others that have any, though it be only the slightest plausibility, or that promise the smallest hope of success. Thus the employment of what may be termed *pious frauds* : as when one simple erroneous idea stamps the character of the disease, depriving the affected party of the common enjoyments of society, though capable of reasoning with propriety, perhaps with



ingenuity, on any subject not connected with that of his hallucination, the correction of which has resisted our very best exertions, and where there is no obvious corporeal indisposition, it certainly is allowable to try the effect of certain deceptions, designed to make strong impressions on the senses, by means of unexpected, unusual, striking, or apparently supernatural agents ; such as after waking the party from sleep, either suddenly or by a gradual process, by imitated thunder or soft music, according to the peculiarity of the case, combating the erroneous deranged notions by some pointed sentence, or signs executed in phosphorus upon the wall of the bed chamber, or by some tale, assertion, or reasoning ; by one in the character of an angel, prophet, or devil : but the actor in this drama must possess much skill, and be very perfect in his part. I might refer to a number of cases where such deceptions were had recourse to, with very varied results.

However ludicrous such expedients may appear, they are not only admissible, but sometimes indispensably necessary ; as in those cases for instance where life is hazarded from a mistaken notion of a bone or stone impeding deglutition, and preventing the passage of food ; or where a frog,

snake, or toad, &c. is believed to inhabit the stomach, and the maniac refuses to take nourishment from some erroneous reasoning, connected with these ideas: in the first instance we are warranted in even inflicting a superficial wound across the throat, and exhibiting a bloody bone or stone as the successful result of the operation; or where the imaginary culprit is situated in the stomach, one of the species might be secretly conveyed into the receptacle, as if removed by the action of violent vomiting, or purging, as in the well-known instance of the cobbler, supposed to be swallowed and brought up by means of an emetic, poetically described by Westley.

Every fraud or deception that might have been found necessary in the treatment of the patient, during his insanity, should be carefully concealed from him, even after his recovery, as the knowledge could be attended with no possible advantage to him, and might prevent the renewal of confidence in his physician, and the repetition of similar means in cases of relapse.

In pursuing my plan of Cure I shall first treat of a class of maniacs, the most frequent and least pitied, which we have denominated the devotionally insane: these, in general, are uniform in

their more prominent features or symptoms, the patients are for the most part of the atrabilious or melancholic temperament, as marked by dark hair and eyes, smoothness and often swarthiness of skin, sedateness of manner, steadiness and perseverance in the pursuit of objects, more disposed to gloom than gaiety, exactly opposed to those individuals of, what has been usually termed, the sanguineous, and lately by Dr. Trotter and others, the nervous temperament. The approach or attack of this species of the disease varies in different individuals, according to their education, habits, and other circumstances, some bewildering their minds by reasoning and reading, poring over enthusiastic and mysterious authors, losing themselves in the mazes of theological metaphysics, and, gradually proceeding from doubt to despair, exhibit their mental indisposition more or less frequently and in a greater or less degree. Others of this class become almost suddenly insane, after having deep impressions made on their weak minds, their fears inordinately excited by books, sermons, discourses, &c. An extreme sense of guilt annihilates hope, and the deluded victims sink into gloomy despair, followed by moping melancholy or raving madness. Of these two the



former are generally incurable, but neither should ever be deemed so, though this is too often the case, as it frequently happens that after submitting such patients to some empirical routine of practice, they are abandoned to their fate. This is highly reprehensible in every instance and in every point of view ; it seems rather to be an imperious duty to persist constantly in the employment of some probable means for the relief of the unhappy sufferers : the practitioner should frequently and minutely examine such patients, and endeavour to discover some indication for new curative attempts ; and if he found none, might then occasionally form to himself some probable hypothesis, as the *ratio justifica* for any practice which reason and humanity might sanction ; and, as I have repeatedly observed in different parts of this work, we may be warranted in introducing even new diseases, in the hope of annihilating more formidable ones.\*

\* At the moment the Author was writing this part of his work, an instance occurred of perfect recovery in a lady committed to his care twenty years since, whose unhappy disease had resisted every curative attempt, and who during the whole of that time never exhibited a ray of intellect or enjoyed a moment of lucid interval ; but it is a curious cir-

Most patients devotionally insane are gloomy, unsociable and silent, listless and averse to motion : some sit whole hours and even days with their eyes immovably rivetted upon one object, and seem wholly absorbed in their own contemplations, are with difficulty excited, and totally insensible to the stimuli of hunger or thirst and the common calls of nature, and too frequently refuse all kinds of nourishment : others rave incessantly, bewailing their lost state, apparently only anxious to deprive themselves of an existence which is become intolerable : some assume an air of self-importance, fancy themselves among the elect, superior spirits, angels, and even the Deity himself. Patients of the superior class, who have received a liberal education, whose minds have been early tinctured with infidel or atheistical notions, will often reason, and most acutely, on sacred subjects, ingeniously perverting the meaning of scripture, which they often quote with wonderful address and accuracy, and this last

cumstance that with the restoration of her reason she has lost her hearing ; so that it would appear as if the cause exciting her mental malady had been translated from the brain to the auditory nerves. I am sorry to add she has since relapsed.

indeed is a general practice with most patients of whatever class, who are religiously mad. A deep sense of sin and compunction on account of it, with irrational views of religion, which annihilate hope and shut the door of mercy, are among the most frequent causes of this species of the complaint.

Another class become the victims of it, which *doubtingly* profess religion, who perhaps have figured in the gay and dissipated world, as free thinkers or atheists ; and, because a vast variety of strange and fantastic doctrines have prevailed in the world, they infer that every religion is equally false ; but this is reasoning from the abuse of a thing against the use of it, or “ maintaining that the Deity himself is so tied to second causes, to inexorable necessity, that He can alter nothing He has once decreed. But these sceptics, while they affect only to doubt, in fact, deny the existence of God.” It is a lamentable consideration that this species of the disease sometimes attacks individuals the most amiable and exemplary, whose lives have been a pattern of propriety, who seem most conscientiously to have performed their various duties both to God and man, but who making no allowance for human imperfection and



infirmity, amplify every small circumstance into *unpardonable* sins ; thinking themselves the vilest of the vile, merely because they have not been so good as they *might* have been, and these are very often hopeless cases.

Another class are perpetually engaged in penetrating the hidden mysteries of obscure polemic divines, poring over their bewildered creeds and systems, or combating the various opinions, which constitute the different sects, or incessantly engaged in propagating their own, which are equally complex or incomprehensible, till at length the prevalence or predominance of one particular passion urges to acts of extravagance and desperation, terminating in complete mental derangement. Such absurd conduct and unhappy consequences, would probably be avoided, could men be brought to believe that simplicity is the distinguishing characteristic of christianity, but it has been so clouded with the draperies of superstition, that its primary elegance and symmetry is almost entirely defaced ; its open and uniform principles rendered dark, secret, and mysterious, and its cheerful genius transformed into a foul and ugly demon.

Amidst the multitude of heinous sins with

which maniacs of this description charge themselves, one of the most common is that against the Holy Ghost, and perhaps for no other reason than that it is conceived the ne plus ultra of human depravity.\*

\* As this idea of the sin against the Holy Ghost frequently takes the most tenacious hold on weak minds, who are predisposed to devotional melancholy, it cannot be deemed irrelevant in this place to observe, that the passage in Scripture which is said to convey this anathema, has been misunderstood, “ Wherefore I say unto you all manner of sin and blasphemy shall be forgiven unto men: but *the blasphemy against the Holy Ghost shall not be forgiven unto men.*”—The late Bishop of London agrees with many others in the explanation of this obscure and alarming passage, and says our Saviour’s meaning seems to be this, “ that there is no other sin or blasphemy which argues such a total depravation of mind, but that it may be repented of and forgiven. Even he that speaks against me, the Son of God, and is not convinced by my preaching, may yet be afterwards converted by the power of the Holy Ghost, by the miracles which he enables me and my disciples to work, and may obtain remission of his sins. But he that shall obstinately resist this last method of conviction (that of miracles wrought before his eyes), and shall maliciously revile these most evident operations of the Spirit of God, contrary to the reason of his own mind, and the dictates of his own conscience, such a one has no further means left by which he may be convinced

In the majority of these cases, reasoning seems nugatory. A grand object in the management of this class of the insane is “to break the chain of their fanciful incoherencies, and subject them to a species of discipline,” by exciting new trains of thought, occupying the mind with any thing rather than its accustomed ideas. Acquiescence with the singular notions or opinions is rarely

and brought to repentance, and therefore can never be forgiven. Hence it appears that there is no just ground for the apprehensions sometimes entertained by pious and scrupulous minds, that they may *themselves* be guilty of the sin here declared to be unpardonable, the sin against the Holy Ghost; for we see that it is confined *solely* and *exclusively* to the crime of which the Pharisees were guilty, (see Matthew xii.) the crime of attributing those miracles *to the agency of evil spirits* which were plainly wrought by the Spirit of God. What confirms this interpretation is, that this crime in the chapter is called, not, as is generally supposed, the *sin* against the Holy Ghost, but *blasphemy* against the Holy Ghost, which evidently refers not to *actions* but to *words*; not to any thing DONE but to something SAID against the Holy Ghost. This being the case it is clear that as miracles have long since ceased, and this blasphemy against the Holy Ghost relates solely to those who saw miracles performed with their own eyes, it is impossible for any one in these times to be literally guilty of this impious and unpardonable kind of blasphemy in its full extent.



admissible, but judicious opposition may be occasionally very advantageously employed. A few simple arguments repeatedly insisted on, is far preferable to ridicule, bitter invectives, or the best conducted disputation, and very few are a match for some of the diseased combatants, who have frequently well studied the subject; to which having almost exclusively directed their attention, the memory is stored with arguments, and they can often quote with wonderful aptitude, the various authors whose mischievous writings exhibit defects of the heart as well as those of the head. While in these cases moral agents are employed, medical ones should not be neglected, and as the greatest proportion of these patients partake of the melancholic temperament, and are generally of a firm stamina, and can bear active remedies, they should be constantly employed when not contra-indicated, and these may be almost confined to vomiting and purging, but more particularly the latter: habits of indolence should be counteracted, daily exercise extended even to fatigue should be had recourse to, or should this not be practicable, various modes of gestation should be substituted, most of which must yield to the swing, as described in another part of this

work. A long journey, or sea voyage, where no propensity to suicide exists, are very probable remedies, and have succeeded after more active ones have failed. Many recoveries have taken place, in which it was impossible to detect the causes of restoration : these happy changes have sometimes proceeded in a very gradual manner, in others have been unexpected and sudden : a few seem to have been brought about by new constructions, or explanations, of certain passages of scripture, which appear to have struck the mind either in the course of the patient's reading, or repeatedly insisted on by attendant friends. Before quitting this part of the subject, I would just observe, that in a great portion of patients of the above class, the health does not appear to suffer, hence they infer that medicine is unnecessary ; but such reasoning is to be opposed by the physician informing them that disease of the nervous system, inducing those of the imagination, may exist without a destruction of health, and he should never forget that though the sources of suffering are fictitious, the sufferings are real, and he should therefore exhibit sympathy and compassion rather than disbelief and ridicule, as these never avail.

The conversion of religious melancholy into furious madness is a frequent occurrence, and is calculated to improve the prognosis. This has suggested the propriety, in some cases that have resisted more common methods, of producing different states of the system, or degrees of excitement, by various means, such as keeping the patient, for days in succession, under the influence of stimulants, or sedatives, or in a state even of intoxication,\* where there is no obvious contradiction. Though the religiously insane are commonly despondent, there are exceptions, yet in the majority of these we scarcely ever find any indication to direct the curative attempts, and I have frequently observed with astonishment, in many of these cases, that however the body may be affected by medical, moral, or mechanical means, the mind undergoes no changes, or if occasionally diverted or distracted from the subject of its melancholy musings, it reverts to the same point, like the needle to the pole. If we may judge from the language and the figures drawn by patients of this description,

\* Mr. Haslam has chosen to ridicule this practice, but it certainly is worth a trial, where every other has failed, and in the most hopeless cases.



to convey an idea of their feelings and sufferings, they must be exquisite : and delighting to dwell on the gloomy side of subjects, they uniformly disregard the brighter. Thus, on my asking a miserable desponding fanatic, who believed himself out of the reach of even Omnipotence, if the arm of the LORD was shortened that it could not save? he immediately retorted, “ Is his power diminished that he cannot destroy ? ” It would seem as if this species of the disease, sometimes arose from the conflict between what is owed on one side to religion, and on the other to veracity, occasioning the most impressive agitations of the soul, an intensity of suffering, allowing the patient hardly a moment’s respite night or day for months in succession, the mind seeming perpetually overwhelmed in deepest darkness, not admitting the least ray of light.

Though, as observed before, reasoning with such patients is seldom effectual, it is sometimes admissible, and may be had recourse to when other means have proved unsuccessful, instances having occurred in which conviction seems to have flashed on the mind, and corrected its wanderings from a single argument. Selecting the *molliora tempora fandi*, we might preface our ar-

guments with insisting on being heard without interruption, and then endeavouring to suit them to the erroneous ideas adopted and maintained by the patient: and as his mind is generally tormented and terrified by a sense of the enormity of his offences, and the apprehension of the effects of God's wrath and displeasure, we might expatiate on the merits of CHRIST and the efficacy of his atonement, endeavour to dissipate fear and excite hope by quoting appropriate parts of scripture, such as the parable of the labourers in the vineyard, in which it appears, that those who were hired at even the eleventh hour received the same wages as those who had borne the burthen and heat of the day; as also the account of the thief who was crucified with our Saviour. Such reasoning and arguments might be had recourse to, at certain periods, when the body was under the influence of different remedies, such as when nauseated by digitalis, antimonium, tartarizatum, by swinging, &c. when debilitated by evacuations, or when suffering from the pain of external applications.

Penel says the devotionally insane should be placed by themselves, separated from other maniacs, and constantly employed in agriculture,

and excited to work by some prospect of reward, that every object of religious worship should be removed from their sight, to engage them in philosophical pursuits ; to contrast the characters of the ancient philosophers, or compare acts of humanity and patriotism with the ineffective piety and fanciful dreams of saints and hermits ; in short, to suggest those things calculated to excite the imagination in a contrary direction to their chimerical notions, which indeed is the foundation of the moral management of maniacs.

A great variety of cases occur in practice, in which all the defective reasoning derives its origin from one idea, as,—where the patient fancies an earwig to have entered the cranium, and traversing the brain, created strange confusion among its parts,—where insects are supposed to have intruded themselves into some of the cells of the bones of the face, by means of the aroma of flowers,—where the parties believe themselves infected with the itch, syphilis, and other disgusting disorders : bewitched, enchanted, a prey to sprites, devils, hobgoblins, &c. others—where the patients imagine themselves under the influence of magic spells and vows, &c. ; such fancies taking entire possession of the intellect, are



often supposed to be inflicted by way of punishment for nefarious acts and crimes committed ; in most of which it seems absolutely necessary to humour the insane idea. But very distressing cases occur where the patient refuses food from some of the most absurd notions ; and in order to prevent total exhaustion, and consequent death, the most consummate art and address are necessary. In these cases all the reasoning of the patient must be fully entered into, his fancies and wishes complied with as far as practicable and prudent, keeping the object of supporting life constantly in view ; threats, promises, solicitations, indulgences, deprivations, and varied reasoning must be had recourse to according to the nature of the case, previous to the employment of force, and mechanical means.

The mental indications are as various as the forms and causes of insanity ; but the employment of remedies, acting on the mind primarily, must be regulated by the prominent features of the disease : for as before observed, some maniacs require threats, others soothing ; the eccentric vagaries of this class to be humoured, the simple erroneous idea of that to be combated ; while the hope of efficacy, in a great degree, will depend on

the nature and duration of the insanity, the age and peculiarities of the maniac. It would be extremely useful could we lay down certain rules for the moral management of all the varieties of insane patients ; but this is not possible, it must depend on the existing symptoms and circumstances of each case. Were the different passions under our immediate controul, they might prove a very powerful moral agent in the management and cure of maniacs. There are few instances where the insanity has such a decided character, as to admit the application of fixed rules. In most of these cases which we have termed religious or devotional madness, it might seem reasonable to apply similar means ; but such a plan is fraught with extreme hazard. In some it is absolutely necessary to deprive the patient of books, particularly of his bible, and never to allow any reasoning on the subjects that harass and occupy the mind ; as where the sense of authors, and passages of scripture are perverted, and the intellect has become bewildered by diving into abstruse mystical divinity, and the patient delights to wander in the mazes of speculative religion, is sceptical or dogmatical, where he believes himself the Deity, our Saviour, an apostle, &c. or possessed of

supernatural powers.\* In others the subject must be more delicately handled ; the deranged idea

\* The Author recollects a singular instance of a deranged idea in a maniac being corrected by a very simple stratagem. The patient asserted that he was the Holy Ghost, a gentleman present immediately exclaimed, you the Holy Ghost ! what proof have you to produce ? I know that I am, was his answer ; the gentleman said how is this possible, there is but one Holy Ghost, is there ? how then can you be the Holy Ghost and I be so too ? He appeared surprised and puzzled, and after a short pause said “but are *you* the Holy Ghost ?” When the other observed, did you not know that I was ? his answer was, I did not know it before, why then I cannot be the Holy Ghost.

Pinel, in his *Traité sur l'Aliénation Mentale*, gives the history of a case which occurred at the Bicêtre, which, as furnishing a good illustration of the effect of stratagem, I am tempted to copy. One of the most eminent watchmakers in Paris became deranged from prosecuting the idea of perpetual motion. His derangement was characterised by this singularity : he believed that he had been guillotined, that his head had been mixed with those of some other victims, and that the judges repenting of their cruel verdict, had ordered the heads to be replaced on their respective bodies. By some mistake he conceived that the head of one of his unfortunate companions had been placed on his shoulders ; and this idea haunted him night and day. A convalescent, of a lively and jocular turn, was engaged to play the following trick upon the artist. Their conversation was directed to the celebrated miracle of St. Denis, who



may be calmly combated by a few mildly opposing arguments, often repeated ; hope should be elevated, and some rays of light diffused through the gloomy prospect. From hence it is obvious that there are two classes of the religiously insane, one self-conceited and confident, the other humble and despondent. With the first, it will be always necessary for the physician and attendants to look to their own safety, being deemed heretics and reprobates by the patients, in whose opinion no crime attaches to their injury or destruction : with the last, the attention must be directed to the patient himself, who being a prey to the most miserable feeling and despondency, is too frequently disposed to suicide, and to accomplish this dreadful purpose will sometimes employ the most consummate art and elude the strictest vigilance.

carried his head under his arm and kissed it as he went along. The watchmaker vehemently maintained the possibility of the fact, and endeavoured to confirm it by an appeal to his own case. His companion burst out into a loud laugh, and said to him in a tone of mockery, “ Why you fool, how could St. Denis contrive to kiss his own head ? was it with his heel ? This unexpected repartee struck the lunatic forcibly : he retired quite confused amidst the laughter that it produced, and he never after spoke of the misplacement of his head.

The *Cure* of mental diseases, being that part of my treatise which I consider by far the most important, and intending it to be more practical than speculative, I hope to be excused if I should occasionally descend to minutiae in a matter of such moment.

Those most experienced in the treatment of maniacs, know that the *methodus medendi* is very simple, and will candidly acknowledge their powers are very limited, that cures spontaneously take place without the aid of remedies, and that the most judicious management often fails, but it is equally true, that, excepting in cases of idiocy, scarcely an individual maniac occurs, whose symptoms cannot be mitigated by either moral or medical means : the employment of the latter makes part of the education of every physician, but very few have the opportunity of studying the former, though they are of the highest importance in the management and cure of the insane. As I have repeatedly observed, in many parts of this work, it is impossible to lay down any invariable set of rules for this moral system : indeed there are very few, whom nature has been so kind as to qualify for the practice ; every man is not furnished with sufficient nerve,

with the requisite features for the varied expression of countenance which may be necessary, with the degree of muscular powers, or stature, &c. but we may all act towards this miserable class of sufferers on the principles of genuine philanthropy, and as the grand object in their moral management, is to make ourselves both feared and loved, nothing can so successfully tend to effect this as a system of kindness and mildness, address and firmness, the judicious allowance of indulgences, and the employment of irresistible controul and coercion.

There are numerous maniacs whose reason deviates very little from rectitude, who have undergone the most judicious treatment without relief, who seem neither proper for constant confinement, or uncontrouled liberty, and whose health is unimpaired ; in such cases there is no hope but from moral means, and it has been found that the full employment of the remaining faculties is the most probable mode of re-establishment.

Some physicians have laboured to prove that insanity is uniformly produced by a mental cause, or that it is in general dependent on no bodily one ; but their arguments are certainly inconclusive, and I am more disposed to subscribe to



the converse of the proposition, that madness is always accompanied by corporeal disease, though this may not be obvious to the senses in every case. It is possible the occasional causes may be either mental or bodily, but it will be most rational as well as useful in practice to believe the proximate cause of the latter description.

In attempting the cure of insanity, we certainly ought, if possible, to inform ourselves of the remote causes, and carefully to collect the most minute particulars connected with the history of every case. In a great variety of maniacs, the employment of medicine is either nugatory, improper, or impracticable ; and here our curative attempts must be confined to *management* alone.

Strong coercive measures are seldom necessary in the earlier stages of the disease, though much address is requisite to secure tranquillity and obedience. That there are cases perfectly unmanageable without bodily restraint, and all the different means of security, must be acknowledged : and others where from the nature of the complaint, and its peculiarities, as connected with the temperament, and the prominent symptoms, such restrictive means are absolutely necessary ; for it often happens that the silent moping

melancholic, as well as the furious maniac, is artfully lulling suspicion, brooding mischief, and has all the faculties of his soul intensely bent upon injuring himself or others. It would be impossible to point out the modes of management exactly suited to the various species of madness we meet with in practice, I will therefore content myself with detailing what may be requisite in the two opposite states of insanity, Mania and Melancholia.

In the first, where there are symptoms of high excitement, and the natural disposition and temper are very materially altered ; where audacity, indelicacy, and fury alternate, with raving vociferation and impatience of control, we must have recourse to the various mechanical methods of restraint, which it would be impossible to describe, but perhaps all must yield to the strait waistcoat, placing the patient in a strong chair, which will admit of separately securing each extremity, and gradually removing and renewing the coercion as circumstances may require.

The furious maniac, after being well secured, should be kept quiet, and all stimuli abstracted, excepting, perhaps, light, concerning which I have not been able to form a decided opinion ; as total

darkness sometimes aggravates all the symptoms by exciting fear, dread, and apprehension ; while in others it will be necessary on purpose to produce these effects. In a considerable proportion of insane patients, confinement to an airy quiet apartment, from whence previously every dangerous or missile weapon has been removed, is all that is necessary. Whenever coercion is indispensable, great advantages arise from its being employed under the immediate inspection of the physician, who should give his directions and see them executed, but not assist : he should issue his orders, and see them obeyed ; never threaten, without executing ; should be firm yet feeling, and never permit himself to be alarmed, agitated, or ruffled. In recent cases, with high excitement, in young subjects with firm and vigorous stamina, a system of abstinence, whey or milk diet, with occasional bleeding, vomiting, and purging, will frequently prove successful.

Corporeal punishments, such as stripes, are in no case necessary or admissible.\*

\*The furious maniac being once restrained, I might be expected to point out some rules for his release ; this, however, is a matter of much difficulty, and it is only by close observation and long experience that we can ascertain when



Thus far the attention has been directed to the management of the body in mania, it must now be directed to that of the mind.

It has been a very general, but erroneous idea, that the subjects of hallucination should be uniformly humoured and attended to, in order to dissipate or correct them ; that the fear of exciting madmen by contradiction indicates the necessity of acquiescence with their eccentricities, and the propriety of reasoning with them on the topics of their alienation ; but such a practice is often productive of an aggravation of the symptoms, and only admissible either for the purpose of gaining some important object, or where it makes part of the curative system.\*

a part or the whole of the coercion should be discontinued. His promises can seldom be depended upon. The liberation must, however, in all cases be gradual.

\* I am aware that a degree of confusion and contradiction appears to exist in the observations and directions respecting the practice of opposing or humouring the deranged ideas of different maniacs. The subject has occupied much of my attention, but I find it extremely difficult to give such rules and directions as may not mislead the inexperienced practitioner.

The remarks upon this part of the former edition, in a criticism of a very respectable periodical publication, seem

In every case, as much liberty and exercise in the open air should be allowed as is consistent

so judicious, and for the most part so entirely accord with my own ideas, that I shall take the liberty of transcribing some of them. "If we may presume to generalize for ourselves, from considering the nature of the hallucination in the few cases which Dr. Cox has related, we should conclude that, the instances in which the idea may be humour'd with success, are those which bear a great affinity to hypochondriasis, or which are in fact hypochondriasis in an extreme degree. The insanity in these instances we believe, with Dr. Chrichton, originates in some obscure and uneasy corporeal sensation which excites the imagination to those very unaccountable conceptions which constitute the disease. Strong impressions on the senses may in these cases counteract the tendency of those feelings.—We can here oppose sensation to sensation; clear and distinct sensation to that which is obscure: the latter of course yields to the former, and without the train of imaginary evils to which it gave rise. If a person believes himself to be affected with the itch, as in the second case related by Dr. Cox, the production of a crop of eruptions on the skin by some application, and the apparent cure by other applications, excites a palpable sensation which the imagination cannot easily distort; and that which was obscure is no longer attended to. But in other cases, where the disease is more purely mental, is independent of sensation and the mere result of strong and repeated impressions on the mind (such are instances of religious insanity) to accord with the insane idea, and to permit it to be cherished, is

with safety ; and when coercion is employed, the degree of it should be uniformly proportioned to that of the disease.

A principal object in the management of melancholics is the prevention of injury to themselves : with patients of this description coercion is seldom necessary, excepting with the above intention ; and, in general, a plan very opposite to that adopted with the furious maniac is to be pursued. The utmost sympathy and feeling is to be uniformly observed in the conduct of the physician and attendants, who should employ all their exertions to amuse the mind, and divert the thoughts from the gloomy subjects which occupy it, by endeavouring to interest and excite new and pleasing ideas.

It should be constantly recollected by the physician and attendants, that all the fury, disposition

but to respect the impression, and to add to its intensity ; no counteracting object or sensation can be employed ; and deception is impossible. Hence the only successful attempt to cure must be the contrary of the former ; it must consist in removing every thing which, by association, can induce the recurrence of the insane idea ; in preventing all reasoning on the subject of it ; and in pressing upon the attention every variety of topic that may interest the mind. (See Critical Review for July, 1895.)



to mischief, attempts to injure, and all the noise and exertions of maniacs, as well as their abuse, keen, sarcastic, cutting observations, &c. are the result of disease, and to be imputed to this source alone ; that any virulence of expression should never be regarded by the attendants or physician ; nor injury or violence inflicted on them be resented or returned ; unnecessary severity is unmanly and highly criminal : this is a doctrine of the highest importance, but with great difficulty reduced to practice, more particularly with those who have most to do with the insane ; I refer to the attendants.

The majority of maniacs, notwithstanding their fury and impatience of control, are easily curbed, and fear as easily induced. A firm, resolute demeanor, stern aspect, an assumption of authority, giving orders and seeing them executed, uniformly decided measures, a scrutinizing look fixed on the patient's eye, will, in general, excite dread or confidence, respect and compliance : and the procuring these effects is a material point gained, which is seldom lost again, unless by the mismanagement and improper conduct of the physician. The promises of a maniac who can reason at all may sometimes be attended to, and

the word of honour is seldom broken, if solemnly given at those periods when the more violent and dangerous symptoms have subsided. Deception, unless this in certain cases makes part of our attempts to relieve, should never be admitted in the management of the insane ; if once detected, confidence is lost, and with it very frequently all hopes of success.

Our curative attempts may often be very much assisted by artfully engaging the mind in some pursuit, occupying the body in any employment which requires attention, and yet does not occasion fatigue ; attaching importance to certain trifling engagements, such as weaving bobbin, knotting thread, knitting, netting, and various other modes, which it is not necessary to enumerate.

The power of harmony over some constitutions is not easily described or conceived. I have seen it rouse from a most lethargic state, and divert the mind from the subject of its deepest contemplation. In a military maniac, I once witnessed the notes of a shrill fife, managed with some address, first awaken attention, then occasion interest, as was obvious by his animated looks and by his beating time ; till at length, by varying the air ac-

According to the effects, it produced the most pleasing sensations, and brought back, as he afterwards informed me, some very impressive recollections, excited an entirely new train of thought, and seemed to correct the errors of intellect : though he had not left his bed for weeks, nor spoken a single word during that time, and had been supported entirely by force, he now arose, dressed himself, and without any other remedy but gentle tonics, returned to his former habits of neatness and rationality ; advancing gradually to perfect recovery. Unfortunately he relapsed a year or two afterwards, and I fear is now incurable.

The concord of sweet sounds, however produced, may be often very usefully employed in the treatment of maniacs : it has hushed contending passions, allayed irritation, collected the wandering thoughts, and induced sleep.

Where the patient has been a performer, if there exists no bodily indisposition that contraindicates, the playing on his instrument should be always allowed, as it innocently employs both mind and body ; and where the partiality for music is considerable, the indulgence or deprivation may make part of a system of rewards and punishments. Cases have occurred where the



patient, who, before his mental malady, possessed the most exquisite skill on various instruments, and the most profound knowledge of music as a science, has lost both while under the hallucination, as was proved by repeated experiment ; but as the health and intellect improved, the musical powers returned. I once had the care of a professor whose talents seemed improved by mental derangement: all the faculties of his mind were rivetted upon his profession, though he frequently reasoned on this and every other subject absurdly. His ideas, as executed on the violin, were wonderfully striking, singular, and original ; but the labour and practice some passages occasioned were attended by profuse perspiration, and often followed by extreme exhaustion. A few very eccentric and beautiful variations of some popular English airs, two or three of which were composed in the very acmé of maniacal paroxsym, I have still in my possession, which have been much admired by amateurs, and require very superior ability to execute accurately. I am sorry to add of this extraordinary genius, that though he perfectly recovered, and continued in possession of all his faculties for many months, he relapsed, and is since dead. I am confident that the concord of

sounds, in some cases, and the discord of jarring instruments in others, might be very usefully employed in the rectification of some alienated minds. Though I cannot credit what is reported of a French musician, who is said to have excited the cholic by playing a certain air in four sharps, and curing it by repeating the same in as many flats. The study of thorough bass and counterpoint is well calculated for the amusement and employment of patients, musically mad, under proper restrictions, and in particular circumstances.

There is a charm, a power that sways the breast,  
 Bids every passion revel or be still;  
 Inspires with rage, or all our cares dissolves,  
 Can soothe distraction and almost despair:  
 That power is Music:—  
 Music exalts each joy, allays each grief,  
 Expels diseases, softens every pain,  
 Subdues the rage of poison and the plague;  
 And hence the wise in ancient days adored  
 One power of Medicine—melody and song.

ARMSTRONG.

Music has certainly been found to occasion a great variety of actions, changes, and movements

in some susceptible systems,\* and where one passion morbidly predominates, as frequently happens in mania, those species of simple or combined sounds which excite an opposite passion may be very usefully employed. If then such effects can be produced by such a power, acting on a mind only endued with its healthy proportion of susceptibility, what may we not expect where the sensibility is morbidly increased, and where the patient is alive to the most minute impressions? Cases frequently occur where acuteness of sensibility and extreme delicacy exist to such a degree, that most of the more common, moral, and medical means are contra-indicated; here relief may be frequently administered through the medium of the senses: the varied modulations, the lulling, soothing cords of different musical instruments are calculated to appease contending passions, to allay miserable feeling, and afford ease and tranquillity to the bosom tortured with real or fancied woe; and I can easily imagine

\* *Omnis enim motus animi suum quendam a natura habet vultum et sonum et gestum et ejus omnis vultus, omnesque voces, ut nervi infidibus ita sonant, ut a motu animi quoque sunt pulsæ. Cic. de Oratore.*



very distressing effects from discord, in individuals of exquisite sensibility and ear, especially in circumstances calculated to increase such unpleasant impressions through the medium of the other senses, as when screeches and yells are made in an apartment painted black and red, or glaring white ; here almost every man must be painfully affected, and the maniacal patient, however torpid, must be roused ; or, on the contrary, where an opposite state obtains, extreme sensibility and impatience of powerful impression, there much may be expected from placing the patient in an airy room, surrounded with flowers breathing odours, the walls and furniture coloured green, and the air agitated by undulations of the softest harmony. Much of this may appear fanciful and ridiculous, but the inquiring practitioner will find, on making the experiment, that it deserves his serious attention ; and no means are to be despised which are capable of arresting the attention, changing the trains of thought, interesting the affections, removing or diminishing painful sensations, and ultimately rendering both mind and body sensible to impressions, and all this may be effected by music.

Every individual is not capable of accurately estimating the extensive powers of this agent ; but I would ask the musical amateur, or the experienced professor, if he has not frequently felt sensations the most exquisite and indescribable ; if he has not experienced the whole frame trilling with inexpressible delight, when the tide of full harmony has flown on his ear ; and the most wretched miserable feeling, universal horripilation and cutis anserina, from the grating crash of discord ? All the varied sensations, from transport to disgust, have been occasioned by the different movements in one piece of music. I might amuse my readers with a great variety of instances, where persons have been very singularly affected by means of music, and where its powers have extended to the brute creation, but this I purposely avoid.

In the medical treatment of the insane, it is an object of the first importance, when symptoms of high excitement take place, to ascertain whether the disease partake of the sthenic or asthenic diathesis ; as rage, fury, and every species of violence accompany these two opposite states. The distention of vessels may be either tonic or atonic, and derive its origin from different sources ; the first from tenseness and rigidity, with partial or

general plethora of the system, when the circulating fluids are violently propelled in order to overcome the resistance ; and the other from debility and relaxation of the coats of vessels, when these yielding too easily, admit a more than ordinary proportion of contents. In the treatment of such cases, the physician must be directed by his knowledge of the remote or occasional causes.

It may be difficult to point out with accuracy all the diagnostic marks of those cases in which the irritability and fury are the result of atony ; but the more prominent features may be easily ascertained. Thus, where all the usual attendant symptoms of mania furibunda follow diseases that have been attended with extreme exhaustion of the system, where an abstemious and evacuating plan has been rigidly pursued, and great prostration of strength has followed, where painful protracted parturition is succeeded by insanity, where debility and emaciation exist, notwithstanding the attendant fulness of the pulse, where paleness and trembling of the extremities, partial and foetid diaphoresis take place, where impeded respiration follows trifling exertions, and syncope violent ones, and where no alleviation of any of



these symptoms is procured by the antiphlogistic plan : in all these, and other similar cases, we may reasonably suspect, that the appearance of high excitement results from atony, and this should direct our practice ; for here I suspect that deviation from the healthy distention of the vessels of the organs more immediately connected with the intellect, which I have laid down as the proximate cause.

Diet is an object of very considerable moment in attempting the cure of the insane. The quality is not of so much consequence as the quantity, either as to fluid or solid ingesta. The almost total abstinence from liquids, as recommended by some practitioners, has, I believe, been seldom carried to any great extent in the treatment of maniacs ; and as this system, rigidly pursued, occasions the intolerable sensation of thirst, were any advantages to result, would it not be reasonable to impute the good effects to this painful impression, which forcibly affecting the stomach arrests the attention and diverts it from the subjects of its delusions, though it must be allowed that no plan can be more reasonable, where the vessels are loaded, with an obvious determination towards the head, than

abstraction of fluids, and a very limited quantity as part of the diet. So long as symptoms of irritation or violence exist, it has been usual to pursue the antiphlogistic plan ; but where these obviously arise from atony or debility this must be highly improper, as they are only to be removed by a generous diet, bark, port wine, &c.

Another very improper practice in the dietetic management of the insane is almost universally adopted, that of plying them with caudles and broths, teas and ptisans, deluging the stomach with warm thin fluids : these impair the powers of the chylopoetic viscera, induce flatulency, and tend to generate or accumulate viscid phlegm, the presence of which deranges every healthy process, and has more connection with the state of the intellect than will be readily admitted. In the majority of cases the diet should be of the most nutritious kind, administered in small quantities, and often : the various leguminous productions, and the culinary preparations from them, are generally improper, as also the whole tribe of fermented liquors : pure water, with the occasional mixture of distilled spirits is the best beverage.

It often happens, from various causes, but

most frequently from some mistaken idea or secret vow, that maniacs refuse food ; in such cases rich soups, gellies, and the like, are indispensably necessary, and after the usual methods have failed must be introduced by force ; but new milk alone, combined with other nutritious substances, or loaded with animal gluten, has been found to preserve life longest, either by the mouth or clysterwise ; and here it may be remarked, that should the patient fix upon any one article of diet, or even prefer water, this partiality should not be neglected, as it may prove a medium for the conveyance of nourishment or medicine ; and when the inclination for food suddenly returns, after long abstinence, it should be administered very sparingly.

Many hopeless cases undoubtedly arise from topical mechanical causes within the brain : whatever increases the bulk of its contents, obstructs or impedes the circulation, in a bony case such as the cranium, may be reasonably conceived equal to the production of deranged intellect ; and that this does sometimes take place, both as cause and effect, dissection and accidental modes of relief have unequivocally proved, though the



Creator has so admirably provided for the preservation of the integrity of the more noble organs. Where such causes are suspected to be present, from certain appearances and previous injuries about the head, symptoms of fulness, partial, flying painful affections about this part, occasional squinting, dilatation of the pupil, regular periodical returns of insanity, where the usual means have failed, are we not warranted in having recourse to desperate ones, and may not relief arise from the application of the trephine to various parts of the cranium ? by removing portions of which, may not a greater degree of expansion be allowed to its contents, and thus contribute to the rectification of their impaired functions ?

Dr. Gregory, in his lectures, mentioned a case, where a gentleman subject to periodical alienation of mind submitted to be trepanned, and never afterwards experienced any return of his mental malady.\*

\* “ Instances have been known in which blows on the head, shocks, the operation of trepanning, and different injuries of the brain, have entirely annihilated or suddenly developed certain faculties. Thus Fabricius de Hilden mentions a young man who by a fall on the head was rendered com-

In the medical treatment of maniacs, it is to be observed, that difficulties exist peculiar to this

pletely silly ; and Haller an idiot whom a wound in the head restored to his understanding. It is well known, that to the operation of trepanning, Father Mobillon owed a sudden increase of his intellectual faculties." (See explanation of a Criticism on the System of Dr. Gall,† by J. L. Moreau de la Sarthe.—It is said that a son of the late celebrated Dr. Priestley was restored to reason from idiocy by a fall from a window.

† A few years since a new system was promulgated by Dr. Gall, of Vienna, who has certainly been most indefatigable in his investigation of the organ of intellect ; he is of opinion that " the evolution of different faculties is the cause or effect of distinct protuberances of the cranium, and that the peculiar mental power of the individual may be ascertained by inspecting the skull. He allows that the brain is the chief seat of the intellectual faculties, and has assigned various passions and propensities to its different parts. It is universally admitted that the shape of the cerebrum and cerebellum determine that of the cranium, but Dr. Gall conceives he has discovered certain projections connected in man and other animals, with different propensities or passions, which he has denominated their seat. With these views he has compared the skulls of animals and those of men, whose faculties are analogous or contrasted, and conceives he has discovered that the faculties called instinctive in animals, such as attachment, cunning, circumspection, &c. are found equally in man ; that the bulk of the organ

class of diseases. Thus it frequently happens that the patient cannot be induced to take what the best skill and judgment have prescribed, without having recourse to a system of forcing, or *spouting*, as it is called, a practice never admissible but in cases of the most extreme necessity ; and, as it requires much address and temper, should only be performed in the presence of the physician or some confidential superior ; though it may be added, that the patient witnessing preparations for the process very frequently becomes passive, and thus renders it unnecessary. Maniacs in general are very insensible to the action of powers applied to the body, whether internal or external ; from hence arises the impossibility of ascertaining the dose of medicines. The mind intensely occupied,

determines the genus, while the reciprocal proportion characterises the individual ; that the disposition to every faculty, given originally by nature, may be expanded by exercise or favorable circumstances, sometimes even by diseases, but that it can never be created where nature has not originally given it. The Doctor, it is said, has in his possession a vast accumulation of skulls, by the study of which he is said to have been very successful in ascertaining the qualities of the mind, by this new species of physiognomy. See Parr's Medical Dictionary, article Craniology.



is with difficulty distracted from the subject of its musings, which apparently absorbing all its powers, extends its insensibility through the whole animal economy ; by means of this want of sympathy the body becomes equally steeled against impressions ; in such cases our curative attempts must often be confined to external corporeal agents, blisters, sinapisms, heat, cold, swinging, &c. and the use of medicines, particularly those of an active drastic nature, should be suspended till new indications warrant their employment ; since it has happened that their accumulation in the system, and their consequent combined action, have proved injurious or even fatal.

In speaking of antimaniacal remedies it cannot be too often enforced, that no system is more reprehensible than that which pursues a blind indiscriminate routine of practice in every case of mental derangement, even though the more prominent features or symptoms be strikingly similar. This is more frequent than, in the present enlightened age, would be credited, though it is fraught with such pernicious consequences, not only in many instances terminating the disease fatally, but almost always rendering the complaint permanent, from neglecting the proper means in its earlier stages.

Another difficulty attending the medical treatment of insanity arises from the impossibility of accurate information from the pulse ; medical men in general, I believe, begin to be convinced that the pulse will not always furnish, even in other diseases, an accurate criterion of the state of the system, or indeed of the circulation, but in madness we can seldom derive any important knowledge from this source. The pulse, in some maniacs, is affected by the most trifling causes, in others it suffers little variation, however violent the attendant symptoms ; but whenever it exhibits very sudden and considerable changes, without any obvious causes or corresponding symptoms, sudden death frequently closes the scene. I have often suspected that some maniacs possess a faculty like Spalanzani and others, of regulating the action of the heart by the powers of volition, increasing or diminishing it by means of the exciting or depressing passions ; and I have met with some instances where the patient appeared to resist the usual action of remedies at will : these peculiarities are not easily explained. But recurring to the pulse, it should be laid down as an invariable rule that, in the treatment of maniacs,

the utmost caution is necessary in drawing inferences from this source.

I might have extended my observations on this part of my subject, but it is difficult to be minute without being tedious ; I shall therefore proceed to the consideration of individual means, in our attempts to relieve diseases of the intellect.

#### VOMITING.

Though some physicians, reasoning more from theory than practice, have reprobated the employment of this remedy in diseases of the mind, experience has convinced me that it takes the precedence of every other curative mean. I will acknowledge that, reasoning a priori, the beneficial effects of vomiting militate against my supposed proximate cause ; and it seems often contra-indicated, especially where there exists an inordinate determination of blood to the brain ; but I am confident that in the majority of insane patients, there is no reasonable ground of apprehension from the employment of remedies of this description, and much for hope. When obvious and unusual plethora obtains, and vomiting is indicated, venesection and other evacuating means should certainly precede it. Of all antimaniacal



remedies, emetics have stood the test of ages, having been almost constantly employed from the days of Hippocrates to the present time.

In almost every species and degree of these complaints, from the slightest aberration of intellect that accompanies hypochondriasis to the extreme of mania furibunda, emetics have proved a most valuable and efficacious remedy. Their action is not simply confined to the stomach and first passages, it extends through the whole system, affecting all the vital and animal functions, agitating every part of the animal economy, and almost uniformly relieving the oppression not only of the body, but of the mind. There never was a more mistaken idea than that vomiting, being an unnatural, is a dangerous process. The human stomach has suffered its almost incessant action, for weeks in succession, with impunity. The most delicate subjects have experienced not only nausea, but sea-sickness during the whole of a long voyage without injury, and indeed with advantage.

Saburra in the stomach and bowels has often seemed the sole cause of mental indisposition; and the removal of it by vomiting has effected speedy and permanent relief: how frequently do

we see all the faculties of the soul when impaired and oppressed by a loaded stomach, instantly relieved by the evacuation of its contents. This viscus, in maniacs, seems very frequently the seat of the disease, being disposed to collect and retain indigested viscid sordes, and it frequently happens that almost the whole of the first passages are loaded with such matters and as it were lined with mucous phlegm ; and till this be removed, remedies are useless. I will admit that from existing symptoms, in many cases of insanity, the employment of vomits is contra-indicated ; so they certainly are in hæmoptysis and other hæmorrhages, as well as in phrenitis ; and yet Dr. Bryan Robinson employed them with advantage in these complaints, and it is a well-known fact, that vomits frequently produce a diminished action of the heart and arteries, even during their operation.

I feel every disposition to allow full credit to Mr. Haslam, for the very valuable information contained in his ingenious publication on the subject of insanity, yet every physician, who has devoted his attention to this branch of the profession, must differ from him when he treats of vomiting. In all the various stages and species

of mental indisposition, I have employed emetics with advantage, and can confidently assert from many years experience and observation, that no sort of risk is attached to, that I never witnessed any dangerous consequence from their use, and, for the reasons above assigned, they are indispensably necessary in almost every case of mental derangement. In a variety of instances, a single emetic has, in a very wonderful manner, removed every symptom of mental affection;\* in some

\* ———, aged 40, dark hair and eyes, though fair skin, following a profession that confined him most part of the day within doors, and in one position: naturally of a gay, cheerful disposition, but subject to dyspepsia and head-ache. Without any obvious causes he neglected his business, though his family depended on it for support; became irritable and quarrelsome: his habit of sobriety and industry gave place to tippling and idleness, though he would occasionally exhaust himself with fatigue: not being conscious of indisposition he refused remedies, till on my visiting another patient in his neighbourhood, I accidentally saw him amusing himself by leaping through the doors of my carriage with the utmost velocity: struck with the oddity of the circumstance, I made enquiries concerning him, and learnt the above particulars, and prevailed on him to take an antimonial emetic, which restored him without any other remedy. I have at this time a servant, who was formerly a patient, whose mental disease was wholly re-



their exhibition has been repeated for several days in succession ; but it is a fact, perhaps not generally known, that though maniacs bear and require medicines in increased doses, yet by giving a common dose of opium going to bed, on the night previous to an emetic next morning, a diminished quantity of the vomiting ingredient will produce very considerable effects.

As was observed in a former part of this treatise, cases will occur in which there exists no obvious curative indication to decide the path for the practitioner ; but he will seldom err by eva-

moved by an emetic ; who is still subject to aberrations of mind, which are uniformly corrected by a few grains of emetic tartar. My recollection furnishes a variety of cases, where the state of the intellect seemed to depend on that of the stomach. In many of these there existed an unnatural tendency to the accumulation of viscid indigested matter in the stomach, the quality or quantity of which seemed to occasion all the variety from depressed spirits to absolute insanity : In all similar cases emetics are indispensable, and generally relieve.

I have at this moment a patient under my care who had been formerly insane, and was at length perfectly cured and continued well for some years, he then relapsed. I saw him a few days since, when his mind was strangely affected, but by the action of a single emetic he became perfectly clear and continues so.

cuating the stomach and bowels by an emetic, where there is no obvious contra-indication, administered in divided doses frequently repeated, which, as said before, has been often found to bring about a cure without any other means ; nor need we wonder at the circumstance, when we recollect the extensive influence of the stomach in the animal economy, and more particularly its connection with the organ of intellect : but the beneficial effects of vomiting are not confined to this organ alone ; much may result from the universal agitation which it occasions, and its well known property of increasing the action of the absorbents, which are often much disordered in diseases of the intellect, while we may add, that it is by no means an unreasonable hypothesis, to suppose that advantages may arise from the alternate filling and emptying the vessels of the brain, which always accompanies vomiting. It may be difficult to explain how the cure is thus effected ; and this indeed may be said of various other remedies, but I am here stating only the result of experience.

Having said thus much on the subject of vomiting in madness, it may be necessary to observe that the means used to promote it must be adapted

to the age, state, and other circumstances of the patient. Here we have a decided advantage over our forefathers, with whom this was a favourite remedy, but who had a very scanty list of articles possessing an emetic property, and these were of the most drastic nature. In almost every case where these remedies are to be employed, the various preparations of antimony are to be preferred, and of these the antimonium tartarizatum has superior claims ; this, when recently prepared, pure and crystalized, according to the formula first given to the world by the justly celebrated Dr. Jenner, is almost tasteless and colourless in solution, and consequently may be easily disguised : which is a consideration of consequence in the medical treatment of maniacs. The liquor antimonii tartarizati, is another very valuable preparation, and as the medicated quality of the liquid is not obvious to the senses it may be often exhibited without suspicion. In athletic, and more robust patients, the oxydum antimonii finely levigated, and given in the form of a bolus, is a most powerful, and often very efficacious remedy ; especially if taken on going to bed, conjoined with a grain of opium ; or administered at an early hour before getting up, and suffered to



remain as long in the stomach as the nausea excited will allow, before its action is assisted by tepid fluids; when it often cleanses the stomach and bowels completely, removing what less active means had left behind. With a similar intention the union of calomel with the antimonium tartarizatum, in the proportion of one of the first to two of the last, has been found equally efficacious in more delicate subjects, and these have superseded the necessity of the frequent repetition of milder means. The *materia medica* furnishes a list of other emetics, but the majority of these are inadmissible or inefficacious in the treatment of maniacs. Ipecacuanha, for instance, where the mind is affected, and the sensitive powers of the body diminished, often produces only nausea, and sometimes its action is wholly resisted, though administered in large and repeated doses: when combined with antimonium tartarizatum, it only increases the bulk without adding to its virtues. With some practitioners the asarabacca has been esteemed a valuable antimaniacal emetic, but I never could discover its superior claims. The various preparations of mustard, squill, &c. are too mild and uncertain to be admissible in these complaints. It may be necessary here to observe,

that it is in vain to expect advantage from emetics, if the particular article and dose be not adequate to the production of the effect intended : a slight discharge or two are wholly ineffectual, more especially when the action or influence is designed to extend beyond the simple evacuation of the stomach : in order therefore to give effect to this very valuable remedy, it may be laid down as a general rule, that the ingredient should be retained in the stomach as long as possible ; but as the act of vomiting is very painful when the stomach is nearly empty, tepid fluids should at first be introduced in very small quantities. With respect to what are called dry vomits, in which all drinking is precluded, though they are justly esteemed as very efficacious, they are very violent and painful remedies. I have never seen them employed with any obvious advantage in mania. It frequently occurs in practice, that symptoms of high excitement spontaneously arise, even in cases of mania tranquilla, from some irritation in the primæ viæ, which is almost uniformly removed by the action of a brisk emetic ; hence we are justified in ranking vomits among our most certain and powerful sedatives. Cases do sometimes occur in which emetics cannot be administered internally, when

recourse must be had to ~~ext~~ernal application : thus strong solutions of ant. tartar. in boiling water, when the heat is sufficiently diminished, may be rubbed on the region of the stomach, or a cataplasm of tobacco leaves applied to this part ; either of which generally affects the stomach, very considerably. The inexperienced practitioner may conceive any remedy might be introduced per anum, but in making the experiment he will find that the power of maniacs over the sphincter muscles is often insurmountable. Though from what has been said on the subject of emetics I am a strenuous advocate for their use in diseases of the intellect, it will be necessary to bear in mind that circumstances may exist where the use of them would not only be injudicious, but might be attended with serious, alarming, or fatal consequences : thus in the delicate and debilitated, in cases where the vessels of the head are unusually distended, in subjects of an apoplectic make ; where there is inflammation of any of the more noble viscera, any original defect in the heart or arteries, but particularly where the patient is afflicted with hernia of any kind, as was observed before.



In addition to what is advanced above, respecting the more common and general effects of emetics, it may be observed that they not only relieve, by their removal of obstructions, spasm, irritation, &c. but often produce a very surprising alteration in the mind itself; in some instances lessening the number of deranged ideas, in others changing them entirely. When administered in doses calculated only to excite nausea, they seem to call off the mind from its hallucination, and to concentrate its attention on the unpleasant sensations occasioned in the stomach, and seldom fail to mitigate the violence of a maniacal paroxysm, while it often happens that a vivid recollection of the disagreeable sensations before produced, proves extremely advantageous in the system of management; and from much experience, notwithstanding Dr. Ferriar's want of success in the few cases in which he employed antimony in nauseating doses, I conceive it in this form a valuable anti-maniacal remedy.

From the similarity that exists between maniacal and convulsive affections, and the well-known efficacy of zinc in the latter, it has been very usefully employed in the former. Combining the

valuable properties of a tonic, sedative, and emetic, it is found to allay irritability without debilitating ; and in all those cases which have undergone unmerciful evacuation, such a remedy is generally indicated.

#### PURGING.

I have no hesitation in ranking this article next to the last in point of importance. In almost every case of mental disease it is a very necessary, and generally an indispensable operation. As maniacs are frequently and almost uniformly costive, this should be carefully obviated by the more gentle aperients ; selecting the article of the materia medica best calculated to produce the degree of effect required. “ From the supposed analogy between the turbulence of the passions, and the rapid movement of the element of fire, the bile or the heating principle, either admixed in too great a quantity with the general mass of blood, or conducted to the brain in distinct vessels, was deemed the proximate stimulant of that organ in mental derangement accompanied by extraordinary turbulence and ferocity. The yellow bile was considered as the cause merely of irritability, high spirits, and extravagance ; but

when the black bile ascended the chambers of the thinking organ, it raised to exertion the darker passions of suspicion and jealousy, hatred and revenge. Pituita, on the other hand, possessed of qualities diametrically opposite to those of the bile, was supposed to operate as a sedative principle, to diminish the energy of the sentient and intellectual faculties, and to act as the proximate cause of insanity, attended by great depression of spirits, by fears and anxieties, from imaginary causes, or by silent solitude, or muttering despair.”\* The ancients conceiving the bile and pituita the principal agents in the production of mental diseases, and that their primary field of action was in the stomach and intestines, the practice of purging and vomiting was very consistent with their theory, though this was so very visionary, as it was founded on the supposition that these, the bile and pituita, were the heating and cooling principles.

Purgatives have been divided by pharmaceutical authors, according to the degree of their action, into lenitives, purgatives, and drastics,

\* See Davis's Preface to his translation of Pinel's *Treatise on Insanity*.



all of which are frequently had recourse to in the treatment of maniacs; among the variety belonging to the first class some of the neutral salts, such as the potassæ tartras, the potassæ sulphas, and the potassæ super-tartras, may be preferred more particularly, as their influence frequently extends to the urinary organs, and thereby produce very salutary effects, but the vegetable kingdom furnishes many articles possessing very valuable aperient properties, thus the various bitters, most of the acid fruits, as also senna, manna, oleum ricini, the pulp of cassia, honey, &c.

Among the more active purgatives, denominated drastics, may be ranked gamboge, scammony elaterium, resin of jalap, both species of hellebore, and the different preparations of antimony and mercury, and as in many cases of mania, extreme torpor and insensibility of the bowels obtain, the practitioner will often find some article selected from this class indispensably necessary. There is no preparation that comes under the denomination of a purgative, which is preferable and so frequently had recourse to in mental diseases, as the hydrargyri submuriæ, as it is almost tasteless and very manageable, the dose of which must be regu-

lated according to the intention, and may vary from one grain to twenty. This valuable medicine possesses very superior powers and properties, both alone and in combination : as an alternative in union with antimony, it forms one of the most certain of the class, and in those cases of mania, accompanied by any marks of acrimony in the system, which have resisted the more common methods, it always deserves a trial : though perhaps the best preparation of the kind, is the *pilulæ hydrargyri sub-muriatis*. As insanity is very often induced by causes acting on the liver, and other parts of the system, where there are just grounds for suspecting obstruction of various kinds, mercury possessing almost exclusively the property of exciting ptyalism, is had recourse to with this intention.

As spontaneous diarrhœa often proves a solution of mental diseases, where there is florid health, and the natural functions are regular, a system of evacuation by the bowels may be instituted : this generally mitigates if it does not remove the symptoms of violence and irritation ; and, it must be granted, that there is no more powerful or convenient mode of emptying the vessels than by purging. This makes part of

what is called the antiphlogistic regimen, which, though often indiscriminately had recourse to, is sometimes very prejudicial. The use of purgatives is improper where general debility prevails, where delicacy of the system is accompanied by irritability of the bowels, and where the patient is much emaciated. It has been observed in other parts of this work, that an inexplicable sympathy frequently exists between the state of the rectum and that of the mind: thus the cure of hæmorrhoids has proved the exciting cause of madness, and vice versa, the loss of a very small quantity of blood from the hæmorrhoidal veins, has been followed by a dispersion of gloom, and by ideas of a very opposite complexion: hence the propriety of employing cathartics, in some cases, whose action is in a degree suspended till they descend to the lowest intestines, and exert their influence about the region of the rectum. I refer more particularly to those preparations in which aloes is a principal ingredient.

#### BLEEDING.

This may be justly esteemed a very important remedy in diseases of the mind. Though the proximate cause be obscure and the remote ones



various, and though from the complexity of the structure of the organ of intellect we be entirely ignorant of the functions of its different parts, yet, as we have repeatedly stated, there are sufficient grounds for suspecting, in most cases, the existence of an unusual and inordinate determination of blood to the head, occasioning morbid tension and consequent nervous excitement, and the abstraction of blood is a principal mean in counteracting its effects. In young florid subjects, accompanied by firmness of the simple solids, and other marks of the diathesis phlogistica, and in most recent cases, where the attack has been sudden, and more particularly where the pulse is full and hard, general bleeding is certainly indicated, is often indispensable, and indeed all other remedies will be nugatory till this is had recourse to. Nor is the practice wholly contra-indicated in cases of a very opposite nature, where a languid pulse, debility and even emaciation accompany mental delusion; for even here we frequently find marks of cerebral congestion, heat, flushing and turgescency of vessels about the head and face: a certain appearance of the eyes and expression of the countenance, not easily described, but the almost invariable accompaniments of such a state;

but here the abstraction of blood should be topical. No certain rules can be laid down with respect to the particular vessels from which the blood is abstracted, nor for the mode of its abstraction. Perhaps in maniacs of the class first mentioned, where the disease has not been of long standing and the usual marks of the phlogistic diathesis obtain, and where it may be of importance to take away a large quantity of blood at a time and as speedily as possible, it may be effected by the lancet from the arm, the jugular veins or temporal arteries; but in the second class, where the patient is weak and reduced from various causes, and where the practice would seem to be contra-indicated, topical bleeding, by leeches or cupping, is to be preferred.

It may be necessary to add, by way of precaution, that in all maniacal cases, where a vessel has been wounded in the abstraction of blood, the greatest care should be taken in securing it, never trusting to a simple ligature, but assisting it by means of adhesive plaster.

#### DIGITALIS.

This plant has an undoubted claim to rank very high in the list of antimaniacal remedies ; indeed,

I am of opinion no recent case ought to be deemed incurable till it has been submitted to a trial of this very powerful medicine, and its employment been persisted in till some obvious effects are produced.

Before we advert to the characteristic properties of this valuable plant, it may be proper to premise, that there are few instances of this complaint in which its use is contra-indicated, but that it most frequently succeeds where the derangement of the intellect is accompanied, and, in a degree, regulated by an accelerated circulation without any other symptom of pyrexia. The difficulty of ascertaining the dose of so powerful a remedy in mania might be deemed an objection ; this however equally applies to its administration in other diseases : but beginning with small doses, and gradually increasing them, will obviate all danger, though some cases resist its action to a wonderful degree. I had a patient, some years since, whose system was kept saturated, as it were, with digitalis, for weeks successively, whose mental wanderings seemed regulated by the state of the circulation : when the pulse were at 90 he was constantly furious, at 70 perfectly rational, at 50 melancholic, and at 40 half dead : this



man was at length perfectly cured by such a dose of this remedy as kept the pulse pretty uniformly about 70, and yet he had sometimes taken three drachms of excellent tincture of digitalis three or four days following. Its power over the heart and arteries is one of its most valuable properties ; and yet there can be no doubt that by its injudicious use the pulse may be gradually reduced to the total extinction of the vital principle. Its efficacy in some cases of mental diseases may also be very justly attributed to the nausea it occasions ; which, as was observed before, wonderfully contributes to influence and rectify the intellect ; and this effect, when produced by foxglove is not in general so transient, as when produced by other articles of the materia medica, but will sometimes remain, for a length of time, after the remedy is discontinued, and when it subsides can be easily again excited. As a sedative and diuretic too, the digitalis has the highest claims.

It may be laid down as a rule resulting from observation and experience, that in the medical treatment of maniacs, the doses of every active remedy should uniformly be regulated by the de-

gree of disease present, the age and constitution of the patient; a greater or smaller being necessary in most cases, as the mind deviates more or less from the standard of rationality.

It is much to be feared that the virtues of this inestimable plant will sometimes be brought into disrepute from being injudiciously employed, as the bold, incautious practitioner may make it the instrument of death, or the timid declare it inert.

Our very best medicines are well known to be poisons when improperly administered, and this is more particularly the case with digitalis. It may be necessary to add, that much of its efficacy will depend on its preparation: this does not arise wholly from its pharmaceutical management; we should be careful to select healthy luxuriant plants in full bloom, in the middle of a fine day, from elevated gravelly situations, rejecting every defective leaf, cutting out the middle rib of each, culling those only that are unspotted and of one uniform green; nor is this all, for much care is still necessary in the processes of drying, and preserving the leaves after being selected. They should be exposed to the action of a low degree of heat, either in a hot-house, or in the sun-

shine, and the colour and smell of the plant should be retained as much as possible.\* When reduced to a fine powder or made into tincture, it should be kept in phials with ground stopples, in situations where the light is excluded, or in bottles painted black, for use. No part of the kingdom furnishes this beautiful plant in greater perfection than the neighbourhood of Bristol. In my own fields it flourishes most luxuriantly. I have gathered single plants, with lateral shoots, upwards of six feet in height, and hung with more than two hundred bells. This plant is very scarce in the vicinity of London, and other herbs, such as the verbascum, are mistaken for it. An instance of this occurred lately to a physician of the author's acquaintance. Having occasion to call at an apothecary's shop, and seeing some large fresh verbascum leaves on the counter, he asked what they were designed for? the reply was, they are very fine specimens of the famed digitalis or fox-glove. Without making himself known, he assured him he was mistaken, and that those leaves were a very inert plant called verbascum. Can we be surprised that so many com-

\* See Withering on the Fox-glove.



plaints are made respecting the great uncertainty of this excellent remedy, when such plants as the verbascum are prepared and sold instead of it ?

#### BATHING.

The external application of cold to the head in madness is a very rational remedy, and has been often employed, with advantage, to diminish the heat and circulation of blood, to appease irritation and fury, and to induce sleep. The modes of application may differ according to the degree of cold required, or the effect intended. In some cases, in which only partial application of cold is required, simple ablution of the head with cold water, or wrapping wet cloths round it, frequently renewed as they get warm, are the most convenient methods. In others where the application is intended to be general, the common cold or shower baths are preferable.\* In some instances,

\* The French physicians are said to have employed, with much advantage, a small stream or drops of cold water, falling from a great height on the shaved heads of maniacs.

Since publishing the former editions, this remedy has become more popular in this country ; but I am unable to say much in its favour from my own experience, it is however always worth a trial when indicated, especially in combination with

the clay cap is a very convenient and efficacious mode of applying cold ; but where an intense degree is required, it may be easily procured by means of æther poured on the bald or shaved scalp ; and the evaporation may be increased by a stream of air, directed to the part by a fan or a pair of bellows. If some advantage has resulted from the partial application of cold in maniacal affections, much more has attended the general immersion of the body in cold water, which is one of those powerful means which are seldom contra-indicated, and may always be employed without hazard, if the system be not too much reduced and debilitated by previous evacuation, or exhausted by violent ravings and continued exertions. The very best effects have followed the severest cold bathing, even when the pulse has been much reduced in force, and the heat much below the natural standard ; for it is uniformly observed that maniacs are very insensible to external impressions, and retain heat with

the warm semicupium simultaneously applied, but as the causes of mental disease vary *ad infinitum*, the indiscriminate application of such a remedy is truly empirical, as indeed may be said of every other,

great tenacity.\* In the majority of cases, the cold water should be suddenly applied, and the duration of its application be short, in order to secure the shock and the subsequent reaction. In this way the very best effects have been produced—sleep, to which the patient had previously been long a stranger, has been induced, and reason suddenly restored, and in one case which occurred in my own practice, this remedy alone proved successful, after several relapses. Our knowledge of the extent of the powers of this remedy remains still very limited, whether we view it as a simple mean or in combination with others. I have had more experience in its employment since publishing the former editions of this work, but am still unable to lay down any fixed and positive rules for its management; though from various trials and much attentive observation, I am decidedly of opinion, not only that no remedy is more likely to succeed in affections of the mind, but also that in order to secure its successful application, no one requires more experience and skill. It is often indicated in very opposite circumstances, thus as a sedative to diminish the violence of re-

\* See Currie's Medical Reports on the Effects of Water.



action, and as a tonic to remove debility. In these cases the effects depend entirely on the degree of cold applied, the mode and duration of the application.

In a very great proportion of maniacs there exist the most unequivocal proofs of partial plethora, as has been already observed in various parts of this work, and that this morbid, unnatural state of the circulating system is confined to the head, probably inducing that state of tension of the vessels of the encephalon, which almost is the uniform accompaniment of the nervous excitement, which is a prominent feature in many of its maladies, here cold bathing, properly employed, after evacuating remedies, has instantly restored rationality; the natural balance of the circulation seems to have been suddenly recovered, the temperature and pulse reduced, and such a contraction produced of the vessels, which seemed before so over loaded, that paleness of the superficies has succeeded the previous redness.

As cold bathing has so decided a tendency to diminish the action of the heart and arteries when long continued, it is more particularly indicated in those cases where the injury of the intellect is accompanied with much external heat, particu-

larly about the head, which is a very frequent symptom, and when the patient cannot be induced voluntarily to take remedies prescribed, or will not submit to the various means proposed ; for though the cold bath, according to the experiments of Dr. Stock,\* do not diminish the number of pulsations, it certainly renders the action obviously weaker.

The employment of the cold bath was a favorite remedy among the ancients, who carried it sometimes to a very dangerous extent ; and even so late as the days of Boerhaave we have the most vague directions for its employment ; such as keeping the patient immersed till he is almost drowned, or while the attendants could repeat the Miserere. Though it may be difficult to decide when long continued bathing promises most success, yet in almost every desperate case it may be resorted to with safety : but it is a matter of doubt with me whether the effects of this remedy, thus applied, may not frequently be imputed to fear or the *nisus* of resistance. Many instances certainly have occurred, in which either from accident or

\* See Medical Collections on the Effects of Cold as a Remedy in certain Diseases, by John Edmonds Stock, M. D.

design maniacs have been immersed in cold water till the vital powers were nearly extinguished, and in one or two cases, till respiration and animation, were, for a time, completely suspended, and the intellectual disease has been either obviously mitigated or totally annihilated by the occurrence.

The mode recommended and so successfully practised by Dr. Currie, of Liverpool, is certainly the best, that of suddenly immersing the maniac in the very acmé of his paroxysm ; and this may be easily accomplished, if the patient previously secured by a strait waiscoat, be fixed in a common Windsor chair by strong broad straps of leather, or web girth. But the common shower bath answers every intention, when the patient will submit to its application ; or where, from his violence, the employment of this mode is impracticable, the same advantages may be gained from pouring the water on him by means of a common watering-pot, when he is secured in a chair fastened to the floor. This is another of those remedies which requires judgment in its employment, and should not be indiscriminately had recourse to. In melancholic patients, where the symptoms occasionally approximate to violence, the cold bath



may be useful. It is a singular circumstance, that the two opposites of warm and cold bathing should often produce effects very analogous : the former is more general in its application, and the party may be exposed to its action for hours in succession, not only with impunity, but with obvious advantage. Where rigidity of fibre, any degree of spasmodic stricture, exhaustion and debility, are accompanied by mental irritability, vociferation, and violence, no remedy promises more than the warm bath. This is often very successfully employed while a stream of cold water is directed on the head. The warm bath, when heated to about 90 of Fahrenheit, may be classed with the most valuable remedies in diseases of the intellect ; it is eminently calculated to restore that regularity and balance of the circulating system which is so frequently destroyed in maniacal affections ; is particularly opposed to that unnatural dryness of the surface and obstruction of the pores, those bilious and dyspeptic symptoms which frequently accompany the lower degrees of mental indispositions, and is often more willingly submitted to than the cold bath, and equally invigorating and tonic. Should a relaxing and debilitating effect be intended from this remedy, a

few degrees of additional heat may be communicated to the bath, and its application be longer continued. In delicate female maniacs, in whom from various causes, the system is much reduced, when violence and fury threaten the extinction of life, and internal remedies are obstinately refused, the warm bath is admirably calculated to appease the tempestuous commotions of mind and body. Where an unusual degree of heat exists, whether partial or general, the warm bath has been known to reduce it more speedily and effectually than the cold. Cases of the most distressing nature sometimes occur, in which all kinds of sustenance are obstinately rejected by the maniac, who is intent upon self-destruction; after every other method has been attempted in vain, the warm bath, of either the simple element, or composed of water gruel, or milk and water, has contributed to support life for a considerable time; for though the administration of clysters may be impracticable from the voluntary and insurmountable contraction of the sphincter ani, the patient possesses but little power over the absorbents of the surface; and yet I would not positively assert that the mind has no influence over the skin, since we observe that various passions diminish the sensa-

tion of cold in some instances, and occasion cutis anserina in others, and the experience of every man proves that whenever the mind is intensely engaged the sensations are wonderfully diminished. The astronomer, intent on the objects of his sublime science, it is said, neither feels nor is injured by the damps or the chillness of the night; and in some species of madness, where the ideas of imagination are too vivid to admit the impression of sense, cold is resisted to an extraordinary degree. I knew an instance of a young woman, previously of the greatest delicacy of frame, struck with madness, lie all night on a cold floor with hardly the covering that decency requires, when the water was frozen on the table by her, and the milk that she was to feed on was a mass of ice.\*

Of a similar nature is the vapour bath; but the pediluvium is most frequently had recourse to, and may produce very beneficial effects in various ways. With maniacal patients I have sometimes impregnated the water with rosemary and other aromatic herbs, which, being grateful, engaged their at-

\* See Currie's Medical Reports, Vol. I. Appendix, No. II. page 40.



tention, and appeared to amuse them ; they have often attributed the good effects of the remedy solely to the herb, and willingly submitted to its repeated employment from this stratagem alone.

#### BLISTERS.

These have been found a valuable remedy in various species of mental indisposition. Their effects depend in a great degree on the irritability of the system, which differs exceedingly in different individuals, and in the same at different times ; and it not unfrequently happens that when the intellectual faculties are almost annihilated, or so confused that scarcely a ray of reason remains, the surface is insensible to the action of blisters. They have been employed with various intention in madness, sometimes with that of furnishing a drain, but generally upon the principle of a counter-irritation, or a local stimulant. Though it may be difficult to account for the effect, yet we often find that blisters, notwithstanding their painful action on the part to which they are applied, seem to diminish irritation and even to induce sleep, and in many cases of mania, I think it very probable, they relieve the internal over-distended vessels, and, as Dr. Parr observes, give

nature an opportunity of exerting her power, and the turgid arteries of propelling more effectually their contents; upon this principle I have been induced to alter my practice and opinion, since publishing the former editions of this work, with respect to the parts to which blisters are to be applied, and in a majority of cases, especially where there is a languid circulation and over-distended vessels, that upon and about the head are the most proper situations, perhaps the temples, behind the ears, or immediately below the hair at the nape of the neck, thus leaving the scalp for other applications. We often meet with cases in practice, in which the essence of the disease seems to consist in a morbid mobility or excessive action of the nervous power, in which an exuberance and versatility of ideas, heterogeneous trains of thought, and a propensity to fly from one to another without any rational association, accompanied by a restlessness, an uncomfortable morbid sensibility of the body, for which repeated blistering is eminently useful. In some cases of melancholia, where the body seems torpid and the mind languid or rivetted to one idea, blisters have roused the latent powers, and in some systems produced even a cordial and exhilarating

effect. Where mania is accompanied by symptoms of asphyxia, carus, catalepsy, and more especially by hysteric affections, blisters, as stimulants, are certainly indicated. It may be necessary to add that some inconveniences may arise from the employment of blisters where any symptoms of nymphomania or satyriasis obtain : but in such cases other stimulants may be substituted, such as mustard, garlic, arum, and other rubifacients, or the hot-water blister.\*

#### CAMPHOR.

Though this drug possess very valuable properties and very active powers, and has been generally esteemed in the treatment of insanity as an important remedy, it has never yet been accurately ascertained whether it belong to the class of stimulants or sedatives. In my own practice I have certainly witnessed the most opposite effects from its exhibition ; have seen mania tranquilla almost immediately converted into mania furibunda, and in some cases it certainly has been useful by its soothing and composing properties,

\* See Dr. Stock's Life of Beddoes, for the application and virtues of this remedy.



and this has been most uniformly the case when in combination with nitre. Alone it seems to possess very considerable power over the irregular actions of the nervous and sanguiferous systems, and these are uniformly increased when united to antimony and opium, and yet it has the singular property of preventing this last from producing irregular action on the brain. It has the reputation of quelling the passions and curbing venereal propensities, as also of correcting the inconvenient stimulus of cantharides. Dr. Locker, of Vienna, combined camphor with vinegar and extolled the virtues of it in mania, but upon making the experiment, the vegetable acid was found equally efficacious without it.

The proper dose of camphor it is difficult to ascertain, as in very small quantities it has produced considerable, and in very moderate ones very alarming effects. Where aberrations of the mind are accompanied by irregular distributions of the nervous influence, camphor has been found very useful in union with the galbanum pill ; on the whole it is more calculated to obviate unpleasant symptoms than to effect the cure of insanity.

## SEDATIVES.

This class of remedies seems to be indicated in almost every species of mental disease. They act more immediately upon the nervous and sanguiferous systems, by diminishing their sensibility and irritability, and primarily on the organ of intellect: strictly speaking, their operation on the stomach is communicated to the brain, and hence to the system universally.

From the soporific tranquillizing properties of opium it might seem indicated in maniacal affections; but I have tried it to an almost incredible extent, without perceiving any, even temporary, much less permanent advantage from it. Opium often increases the heat and irritation it was meant to allay, constipates the bowels, and tends to promote rather than diminish the determination of blood towards the head. A dose of opium, as mentioned above, administered going to bed, previously to taking an emetic in the morning, has been found to render a smaller quantity of the vomiting ingredients sufficiently efficacious.— With digitalis it has been useful in maniacal cases, especially where this powerful remedy has a ten-

dency to run off by the bowels. Combined with antimony, in repeated small doses, it has been productive of very good effects, but only by relieving the more obvious symptoms without correcting the aberrations of the mind. With bark, in hysteric melancholic insanity, where universal laxity of fibre prevails, it has been beneficial. With concentrated vegetable acid it has produced a soothing tranquillizing effect, which was easily kept up by small repetitions for a length of time, and, in some instances, with very considerable advantage ; but whether this arose from any salutary impression on the nervous system, or from impeding nutritious absorption, it is difficult to decide. Dissolved in a strong tincture of tobacco, and applied externally to the region of the stomach, it has allayed the violent nauseating effects of other remedies, particularly digitalis, contrary to what might have been suspected *à priori* : and this same solution applied to the bald or shaved head has removed pain and checked the wanderings of the mind. With æther united to alcohol, and rubbed on the bare scalp, it has been productive of similar good effects, as also when applied to the same part in form of a plaster. Hyoscyamus, stramonium, belladonna, nicotiana, cicuta



digitalis, and other articles of this class, have been employed as antimaniacal remedies, but seldom with any flattering success. The hyoscyamus has certainly superior claims to notice; and from the testimony of Drs. Storck, Home, A. Fothergill, Monro, and others, has been employed with advantage. As it rather relaxes than constipates the bowels, and possesses very considerable narcotic powers, it is preferable to opium in some cases of insanity; but the inspissated juice or extract requires much nicety in its preparation, as well as care in its preservation, even after the most successful pharmaceutical management; for its virtues are soon dissipated by careless keeping, and being a remedy seldom employed, it can as seldom be had at the shops in a state of proper preservation. As it is a very powerful medicine it should be cautiously administered in every case, beginning with small doses, gradually increased to such an extent as to produce some obvious effects, the first of which is generally a degree of stupor or dizziness. It may not perhaps be generally known, that the extract of hyoscyamus is much better preserved, so as to retain its properties undiminished, in the form of an hard extract, that may be easily rolled into pills, than in that of a

rob, the state it is commonly met with in the shops. When opium disagrees, or costiveness contra-indicates, the hyoscyamus may be advantageously employed, and though it may not radically remove the wanderings of mental disease, it will be found to soothe and calm commotions both of body and mind, and is certainly a most efficacious sedative, and perhaps antispasmodic in union with the blue pill.

The aconite has been extolled by some physicians, but it is too uncertain in its action; like other diaphoretics, it is apt to constipate the bowels, an effect always to be guarded against in diseases of the mind; joined with antimonials it has occasioned profuse perspirations, and where the evacuation by the skin is intended, a combination of this kind may produce the effect. Hemlock, gradually introduced, has certainly been of service in some cases of insanity, by diminishing irritation and excitement, and causing sleep; but some systems resist its influence for a length of time, and others are not affected unless when it is administered in enormous doses. When opium has disagreed, the cicuta has been often conjoined or substituted with evident advantage. The fox-glove either alone or combined with opium often proves a powerful sedative.

There is another class of remedies called nervous, or antispasmodic, which, from the analogy between maniacal and convulsive affections, seem often indicated in the former; these will often subdue certain prominent symptoms, such as pains in the head, constipations, irregular spirits, &c. which frequently accompany some of the milder species of insanity, but they as often heat and irritate.

Musk, though highly extolled, I have never seen relieve a single maniac by removing any of the characteristic symptoms of this complaint, though, in combination with some of the other powerful antispasmodics, it has contributed to diminish the hallucination, altering the subjects of the mental attention by its sedative and diaphoretic powers.

It may be proper in this place to notice that every sedative must yield to the mechanical one of the swing, but of this more hereafter. Among the various sedatives we may justly rank the abstraction of light. Total darkness is frequently had recourse to in the management of maniacs, and whenever they exhibit the usual marks of high excitement, almost uniformly with advan-



tage; but the occasional admission of such a degree of light only as renders surrounding objects obscurely visible, is admirably calculated, in some cases, to break the train of erroneous reasoning, and excite new classes of ideas.

#### STIMULANTS.

These have been defined, powers capable of increasing the mobility, and of exciting the motion of the nervous power, and in this point of view they are often had recourse to, and prove extremely efficacious in some of the modifications of mania. They may very properly be divided into internal and external. Among the former, there are many which seem to possess a tonic property also, and as Dr. Cullen very justly observes,\* their stimulant and tonic powers may mutually increase the effects of each other, but they are to be considered as distinct and different in their nature and operation, though we cannot clearly explain wherein the difference consists. Stimulants like all other internal remedies produce their effects through the medium of the stomach, which we know possesses excessive sensibility and sympathy

\* See a Treatise on the Materia Medica, Vol. II. p. 132.

with every other part of the system, but more particularly with the organ of intellect. To this class belong, strictly speaking, the various articles which prove cathartic, emetic, diuretic, and diaphoretic, but of these we have spoken elsewhere. The vegetable kingdom furnishes some very valuable stimulants, and among the tribe, there are two which possess very superior powers and are more frequently employed, both externally and internally, I refer to horse-radish and mustard, either alone or in various combinations; both are extremely acrid, their effects upon the skin may be regulated by the length of application, and taken internally they prove diuretic, stomachic, and diaphoretic, diffuse a warmth and glow through the system, excite the action of the heart and arteries, and frequently dissipate languor, and rouse the torpid powers of both mind and body.

Some of the preparations of iron have certainly proved very useful stimulants and tonics, and have contributed to advance convalescence to the perfect re-establishment of health; and where diseases of the mind are accompanied by debility and relaxation they have proved eminently useful. The continued use of Fowler's arsenical solution

in such cases might assist in recruiting the system and in the restoration of reason.\*

It frequently happens that maniacs of the melancholic temperament are torpid and apparently insensible to every agent; their mental faculties seem immoveably fixed, as if under the influence

\* From throwing out this hint on the subject of arsenic in the former editions, I understand Dr. Hallaran has given it a very extensive trial in his establishment at Cork, and the result has been very flattering. He finds that it has most unequivocally proved itself of very superior efficacy, more particularly in certain relaxed, scrofulous cases, where the paroxysms have returned after lucid intervals and remissions; and in one of his communications, he assures me this remedy “has powerfully met the threatened attack of insanity, and subdued the disposition towards it in the happiest manner”—that it is particularly indicated in those cases in which the patients, after long protracted paroxysms, have become œdematous or anasarcaous. No sort of hazard attaches to the employment of the arsenical solution; beginning with four or five drops two or three times a day, and increasing it till some obvious effects appear, or to twenty or thirty. I may add that it is more particularly indicated in those cases which are unaccompanied with high arterial action, when the disease is subject to periodical returns and remissions, as also in those which have been subjected to considerable depletion and are attended with a relaxed pulse and debility, and I find by Dr. Hallaran’s account, that in numbers of such cases



of some oath or vow, which binding them to apathy, they resist and resent every attempt to attract and arrest their attention. In these cases, stimulants of various kinds are indicated, have been found expedient, and very often beneficial.

Among the antimaniacal remedies we may reckon electricity, but it is a very dubious one, though deserving a trial when mania is accompanied by obstructions and paralytic affections ; but I have never seen any lasting advantages from its employment.

#### SWINGING.

This is a new remedy in the treatment of maniacs, and it is one of very extensive powers and properties, both as a medical and moral mean. From the history of physic we learn that the ancients, as well as the moderns, had recourse to this mode of gestation in various corporeal diseases. Aetius

he has been able to mitigate the symptoms, lengthen the intervals, and in some to bring about a perfect cure, and by means of this remedy alone ; and from my own experience I have no hesitation in pronouncing it a most valuable addition to our list of antimaniacal remedies, well deserving a trial in every obstinate case where it is not contra-indicated, and which has resisted the usual means.

is the most minute in his description of its employment. Celsus and others recommended the suspended bed in the decline of fevers, and Dr. Smith among the moderns, employed swinging in phthisis, in which and in other diseases it is found successful from its property of checking a too high temperature, determining to the surface and lowering the pulse.

Swinging may be employed in either the common reciprocating or oscillatory way, or by circulation. The first is too generally known and practised by way of amusement to need a description, but the second requires a particular machinery. In private practice this may be effected by suspending a common Windsor chair to a hook in the ceiling, by two parallel ropes attached to the hind legs, and by two others passing round the front ones joined by a sliding knot, that may regulate the elevation and position of the patient when seated, who, besides being secured in a strait waistcoat, when resistance is opposed to the process, should be prevented from falling out of the chair by a broad leather strap, piece of strong netting or web girth, passed round the waist and buckled to the spars behind, while other straps to each leg may fasten them to the front ones of

the chair, which would perfectly counteract the centrifugal power which might endanger the patient, during the rapid revolutions. The patient thus secured, and suspended a few inches from the ground; the motion may be communicated by an attendant turning him round according to the degree of velocity required. But a more complete rotatory swing may be very easily contrived, of which I cannot convey a more accurate idea than in the words of Dr. Darwin, with whom I believe the idea first originated. Let one end of a perpendicular shaft, armed with iron gudgeons, pass into the floor, and the other into a beam in the ceiling, with an horizontal arm, to which a small bed, or rather bedstead, might be readily appended. To this perpendicular shaft a chair may be fixed, and the patient secured in it as above described. A considerable improvement in this swing is a strong rod of iron, fixed to the upper extremity of the perpendicular shaft, and to that of the horizontal arm at the foot of the bedstead, which by being shortened or lengthened, the elevation of the bed may be regulated, and I have lately found, that by having a false bottom to the bedstead composed of a strong frame and cross spars, with a joint or hinge about two feet



from the upper end, with a moveable foot or notches, upon the common principle of a music or reading desk, the upper part of the trunk and head of the patient may be easily and accurately elevated or depressed. The necessary motion may be given by the hand of the attendant pushing or pulling the extremity of the projecting arm, with greater or less force, each time it circulates, but by a little very simple additional machinery, by a crank, windlass, or rack and pinion, any degree of velocity may be given, and the motion communicated with the utmost facility. Thus by means of the chair or the bed, the patient may be circulated in either the horizontal or perpendicular position.

On persons in health these swings produce only the common effects; but in proportion to the degree of motion communicated, and sooner by the circulating than by the oscillatory, and in the horizontal than in the perpendicular position. Independent of these more obvious effects in some maniacal cases, swinging, often repeated, has had the singular property of rendering the system sensible to the action of agents, whose powers it before resisted. One of its most valuable properties is its acting as a mechanical anodyne.

After a very few circumvolutions, I have witnessed its soothing lulling effects, in tranquillizing the mind and rendering the patient quiescent ; inducing a degree of vertigo which has been succeeded by the most refreshing slumbers ; an object this the most desirable in every case of madness, and with the utmost difficulty procured.

In many cases and on various occasions the perpendicular position is to be preferred, and if sleep be required and can be procured in this way, many advantages may follow and superior to those obtained in the horizontal posture, from which I have sometimes found patients to awake but little refreshed and very often evidently worse than before, and this arose, as I conceive, from the increased determination of blood towards the head, which sleep itself united with a recumbent position is disposed to encourage. Sleep is said to be induced by mechanical pressure on the brain, as in the well known instance of the pauper at Paris, who procured a miserable existence, by exhibiting the effects of pressure on the dura mater, which was exposed at an opening made by the trephine, in consequence of fractured skull : as also in cases of spina bifida where there has been a defect in one of the vertebræ of the back, a

tumour is protruded in consequence, and whenever this tumour has been compressed by the hand, sleep is said to be induced, because the whole of the brain, both within the head and spine, becomes compressed by the retrocession of the fluid within the tumour.

Maniacs in general are not sensible to the action of the common oscillatory swing, though it affords an excellent mode of secure confinement, and of harmless punishment ; and I have met with a few instances where the circulating, in both the horizontal and perpendicular positions, produced no effect at all.

The erect position is best calculated to produce nausea and vertigo ; but the horizontal, with the head nearest the centre, is preferable in plethoric patients, and indeed in the majority of cases where a morbid determination towards the head is justly suspected ; but it sometimes happens that confusion of ideas, very uncomfortable feelings, and anticipation of mental derangement from sensations within the cranium, and total want of sleep, appear to arise from the want of *a certain degree of compression or distention of the vessels of the brain*. We know, as mentioned above, that compression of the brain produces a state nearly



resembling sleep, and this can certainly be procured by the swing, when the head is placed at the farthest point from the centre, and this compression has been found by no means to impede circulation or respiration. The same is observed in apoplexy and hydrocephalus; in the former case the effusion is to be considered as an indication of a state of repletion, which probably produces the immediate symptoms by a general or partial compression of the brain, it is hence fair to assign compression of the brain as the most probable cause of sleep, and this compression to be affected by the distention of the arteries of the brain or of some of its parts. This distention or relaxation may easily occur spontaneously, when the system is in a certain degree exhausted, and may cease as soon as any strong impression rouses the powers of the system into activity. It is very possible that there are various kinds as well as degrees of sleep arising from various degrees of compression. Thus we have either perfect and sound sleep, a dreaming or somnambulism in its different degrees, and in all these states a strong impression of any kind removes the temporary relaxation of the arteries and restores the mind to the possession of its full energy, but if the arteries

were permanently fixed in their relaxed state, without the power of being contracted by the awaking cause, sound sleep would be apoplexy, and somnambulism insanity, without any shadow of difference. A great variety of mechanical causes, such as exertions, &c. occasioning local irritations, tumours, and ossifications, may probably act in the first instance by exciting either inflammation, or some other morbid state of the blood vessels of the head. These opinions appear to be confirmed by the consideration of the causes, which most frequently produce the disease. The reasoning faculties which seem to affect the *cerebral nerves alone*, have probably little or no influence on insanity, except as either adding vigour to the mind by their moderate exercise, or enabling it to resist the diseases of the body, or as weakening the nervous system by excess of fatigue. But the passions may be expected to be extremely active in exciting and not wholly ineffectual in curing the disease, since the violent passions appear to *increase*, and the depressing passions to *diminish* the powers of the circulation in general, and both to affect particularly the state of the blood vessels in the head. *Passion, in a physiological sense, may be defined an affection of the nervous system,*

*communicated from the brain to the sympathetic or visceral nerves, which govern the involuntary motions: and indicated in general by the acceleration or retardation of the motion of the heart.*

It has been observed that protracted study frequently produces head-ache, and the contemplation of one subject to be the frequent cause of insanity. Those persons whose professions require the exercise of the imagination, and encourage the indulgence of passions (for example artists of various descriptions) are liable to madness, though we never hear of mathematicians insane.

Maniacal symptoms are increased by the horizontal position increasing the flow of blood to the head.\*

The valuable properties of swinging are not confined to the body, its powers extend to the mind. Conjoined with the passion of fear, the extent of its action has never been accurately ascertained; but I have no doubt it would afford relief in some very hopeless cases, if employed in the dark, where, from unusual noises, smells, or other powerful agents, acting forcibly on the senses, its efficacy might be amazingly increased.

\* See Quarterly Review, page 158, for August, 1809.



The employment of such Herculean remedies requires the greatest caution and judgment, and should never be had recourse to but in the immediate presence of the physician. The debility arising from swinging is never to be dreaded, it is generally accompanied by sleep and the sense of fatigue, while the slumbers thus procured surpass those induced by opiates, as much as the rest of the hardy sons of labour surpasses that of the pampered intemperate debauchee. When tranquillizing the patient, or procuring sleep, are the principle objects in view, the motion of the swing should be very gentle at the commencement of the process, and gradually increased, never to the degree which affects the stomach, but be continued for an unusual length of time. Where insanity attacks patients of delicate habits, with previous consumptive or pulmonic symptoms, swinging has been found particularly beneficial. I have sometimes seen a patient almost deprived of his locomotive powers, by the protracted action of this remedy, who required the combined strength and address of several experienced attendants to place him in the swing, from whence he has been easily removed by a single person ; the most profound sleep has followed, and this has been succeeded

by convalescence and perfect recovery, and without the assistance of any other mean.

One of the most constant effects of swinging is a greater or less degree of vertigo, attended by pallor, nausea, vomiting, and frequently by the evacuation of the contents of the rectum and bladder. As in some maniacal cases, the mental alienation seems dependent upon, or regulated by the action of the heart, when rationality returns, if the pulse be reduced below the usual standard, and departs again as it advances above this standard, the swing, from the powers it possesses over the circulation, has been known to produce the most beneficial effects. Though we cannot accurately explain in what way the best remedies promote relief in many cases of madness, yet we have the most unequivocal proofs that those which occasion a degree of vertigo, often contribute to correct the morbid state of the intellect, and no one of them is so well calculated to produce this effect as the swing. Madmen are never so easily made giddy as people in their senses; yet there are very few of them who can resist the action of a continued whirling with increased velocity, especially if the machine be occasionally and suddenly arrested in its progress; the shock

this gives to the system, and the alarm it excites, is not easily conceived by those who have never witnessed it. The vertigo, as was observed above, may be produced by means of the swing, from its being an unusual motion, also from its effects on the sense of sight, or from feeling or consciousness, even in maniacs, when they are not insensible to the impression of the process ; and this opinion seems confirmed from the circumstance that vertigo is produced by the circular motion even in the dark. Perhaps the appearances which usually accompany vertigo may contribute to explain its nature. The singular and unusual motion of swinging, when continued with increased velocity, induces first paleness, then nausea, and then alternately an obvious change in the circulation, and giddiness: these changes necessarily result from an impression made on those organs of sensibility, the brain and nervous system, and prove that the remedy acts on the seat of the disease, be the proximate cause what it may.

In some cases, where the system is easily influenced by the vertiginous motion, both the vital and animal functions are considerably affected, as well as the internal and external senses.



When vertigo is either symptomatic or idiopathic it is usually accompanied by nausea; and as the swing generally produces this effect, and as vomiting is often indicated, and the patient refuses to take any remedy, our mechanical apparatus is of the highest importance in such cases: indeed it often possesses superior advantages in this point of view, as we can regulate its action on the stomach, and produce either temporary or continued nausea, partial or full vomiting. The sickness produced resembles that occasioned by sailing, than which perhaps none is more severe: and though in long voyages the most delicate systems have borne it for weeks together, no ill consequences have accrued, as was observed before. When full vomiting has followed the use of this remedy it has often succeeded in bringing away viscid accumulated sordes and tenacious phlegm, with which the first passages of maniacs so frequently abound, and indigested matters, which appear to have been long pent up, though the most active drastic evacuating remedies have been employed, and apparently with considerable effect. As vomiting has been long esteemed among the most successful remedies in madness, if the swing produced only this effect, its proper-

ties would be valuable ; but though it can be employed so as to occasion the mildest and most gentle effects, yet its action can be so regulated as to excite the most violent convulsions of the stomach, with the agitation and concussion of every part of the animal frame ; thus rendering the finest system of vessels pervious, or, in other words, removing obstructions, and altering the very nature and quality of the secretions.

The impression made on the mind by the recollection of its action on the body is another very important property of the swing, and the physician will often only have to threaten its employment to secure compliance with his wishes, while no species of punishment is more harmless or efficacious.

Though much of the beneficial effect of the swing may be justly ascribed to its action on the stomach, yet more may arise from that on the heart and circulation.

From attentive observation of the effects of the rotatory swing in a variety of cases, I am convinced that the quantum of effect produced depends entirely on the state of the nervous system, and that the sensibility is the medium of its action. Hence we may satisfactorily explain how it hap-

pens that, in one instance, the remedy produces violent effects, in a second, very moderate ones, and in a third, little or none : as also how to account for its affecting one man after a few revolutions, and another, not till after a lengthened application ; how, in one case, a very gentle circumgyration will produce very considerable effects, in another, the most violent, as well as long continued, rotation is necessary to bring about any.

The various peculiarities and changes, both mental and corporeal, produced by this mode of swinging, must also be attributed to the state of the sensibility, joined to the sympathy or reciprocity of action that subsists between the mind and body, each becoming in its turn the agent, and the subject acted on, as when fear, terror, anger, and other passions, excited by the action of the swing, produce various alterations in the body, and where the revolving motion, occasioning fatigue, exhaustion, pallor, horripilatio, vertigo, &c. effect new associations and trains of thought.

The varied action of the swing, not only differs in different persons, but in the same person at different times. Hence also we see why the effects of this remedy are, in some instances, so transient,



and, in others, remain so long, though it generally happens that where they are easily excited they soon disappear, and vice versa. In a few instances the long continued gentle application of the circulating motion has appeared to correct the deviation of the sensibility from its healthy standard, as where it has been painfully acute, in some delicate hysteric subjects, or in those cases which have undergone unmerciful evacuation, producing exhaustion, emaciation, and debility. In other instances, where the sensibility has been less acute, the rapid rotation has increased it ; this may explain the cause of the swing's almost uniformly rendering the system sensible to impressions, whose powers it had before resisted, regulating and diminishing the action of the heart and arteries, rendering the expression of the countenance of maniacs more natural, unloading the vessels of the brain, and by diminishing the morbid determination towards the head, inducing new trains of thought, and effecting the temporary and occasionally the permanent restoration of the reasoning faculties. It is found by experiment that in order to produce the desired effect from the swing, in different patients, the velocity of the rotation must be regulated according to

the state of the nervous system ; but there have been some on whom it was found practicable to produce sensations, both agreeable and disagreeable, to continue either of these or alternate them at pleasure.

Before I dismiss the subject it may be necessary to observe that when the repeated violent and long continued application of the swing has, produced little or no effect ; it should be applied to the patient in different positions, the time of day be varied, and the state of the stomach, as to foulness or emptiness, altered ; but I have never known it fail when a degree of nausea had been previously excited by a grain or two of the sulphate of zinc, or tartarized antimony, or when a moderate dose of opium had been taken going to bed, and the swing applied the next morning before breakfast. We often meet with maniacal patients with whom nothing can be done which even the best judgment dictates, as they resist every remedy, strive against every shackle and mean of coercion, use the most violent gesticulations, and rend the air with vociferations. In all such cases there is the most imminent danger, not only of permanent mental disease, but also of extinction of life itself ; and I am confident that numbers of un-

happy maniacs have sunk to death under such deplorable circumstances, who might have experienced the most essential relief from the use of the swing; for, be the party ever so furious, he may be easily subjected to its action, and in no situation could he be more secure, while an irresistible power is applied whose effects can be regulated, and which seldom fails to produce tranquillity or sleep. Hence this mechanical remedy is particularly indicated, and possesses almost exclusive properties and powers, in those distressing alienations of mind which sometimes attend the puerperal state, arising from various causes both before and after delivery, accompanied by violent convulsions and other spasmodic affections. Happily these affections are rare, seldom permanent or of long duration; but this is not always the case, for it sometimes happens that, as Dr. Denman observes, (see his *Introduction to Midwifery*) women have died during this maniacal state and not long after the accession of the disorder. In the majority of instances in which puerperal mania has terminated fatally, the unhappy catastrophe appears to have resulted from the vehemence and continuance of muscular exertions, which it was found impossible to restrain, and which were pro-



bably increased by the very means employed to diminish them ; here it is obvious from what has been said above, that the swing offers peculiar advantages, the most complete restraint and certain security. In addition, it may be observed, that all females soon after delivery are either more irritated or more subject to irritation than they perhaps are at any other time ; (see Denman as above) and from a state of perfect composure and rationality, some have become suddenly deranged from very trifling causes. In every case of this kind, our apprehensions principally arise from the vehemence of the exertions, and the tumultuous commotion of the mind, and our hope depends upon the speedy, certain, and complete restraint of the former and allaying the latter : both these objects can be accomplished by means of the swing, suspended hammock, or bed, applied and managed according to symptoms and circumstances ; by these alone we can restrain every inordinate muscular action, can moderate the excessive heat, retard the rapidity of circulation, particularly the morbid determination of blood to the head, and diminish the extreme irritation, which obtain in almost every puerperal

case, varying only in degree, and which are sufficient to explain almost every attendant symptom, and I am of opinion that this mechanical remedy might supersede the necessity of almost every other, excepting perhaps the employment of clysters or aperient medicines ; the secretions, particularly those of the bowels, being generally interrupted.

But the swing has another property which gives it very superior claims in these cases, that of procuring sleep, as mentioned above, and thus rendering opiates unnecessary, which very frequently not only fail in producing this desirable effect, but increase instead of diminishing the irritability, and often induce costiveness. “ However uncertain and obscure the causes of mania in general, in that species of which we are now speaking, it is not supposed, that any organic disease exists in any of the constituent parts of the body, but that it wholly proceeds from disturbed action of the nervous system ; and that we shall probably succeed best, not by aiming to cure a disease which does not exist, or which is beyond the power of physic, with active medicines ; but by obviating symptoms, which may in this case

at least, be said to constitute the disease." (See Denman's Introduction to Midwifery.) Hence from the known properties of swinging, it is particularly indicated.\*

Swinging always promises very considerable relief where the wanderings of the intellect are attended with increased heat and arterial action, unaccompanied by any other symptoms of fever. It has been conjectured that the heart naturally possesses a greater proportion of irritability, and consequently of sensibility, than the other less noble viscera, rendering it alive to all the finer feelings and impressions; this being morbidly increased in mania, and the swing possessing the property of diminishing it, may be esteemed an additional proof that the sensibility is the medium of its agency.

I may be too sanguine from having so frequently witnessed the amazing efficacy of the swing, but I suspect its employment might be so

\* I have the sanction of Dr. Denman himself, whose abilities and experience are universally acknowledged, for this recommendation of the swing, who is of opinion it deserves a trial in every case of puerperal mania, and who assured me he would embrace the earliest opportunity of employing it.



contrived as to supersede the necessity of distant journies, and dangerous voyages, to procure change of air, and the effects of sailing, by only applying it in varied circumstances, and in an apartment the air of which has been modified by different pneumatic processes. In all pulmonic phthisical affections, where some of the most distressing symptoms seem to arise from hectic heat and rapid circulation of the blood, relief may very reasonably be expected from the employment of the swing, as also in cases of ruptured blood-vessels, epistaxis, hæmoptoe, &c.

But there is another class of maniacs, who, bent on suicide and having been prevented from accomplishing their purpose by other means, have effected it by starvation, in spite of every precaution that could be devised; for such cases the swing offers a dernier resort, the effects of which, judiciously regulated, have counteracted the horrible purpose, either from a dread of the repetition of the painful process, or from exciting new ideas and obliterating the old ones. Hence such patients have been induced to take food, and thus life has been preserved.

It sometimes happens that insanity arises from causes obviously mechanical within the cranium,

where no permanent relief can be effected, and where the symptoms are aggravated by indulging in improper habits and resisting other remedies ; here the swing may be most efficaciously employed both as a moral and a medical mean. This observation will apply to some cases of epilepsy, the paroxysms of which have been rendered more mild and less frequent by the daily use of the swing. In one, more particularly, its employment obviously rendered the sensibility more natural, and the system more susceptible to powers whose agency it had before resisted, and whenever the paroxysms are found to observe any regularity in their return, the timely employment of the swing is calculated to prevent the attack, and sometimes suspend it even when the usual precursory symptoms were present ; I must however allow that in epilepsy no *permanent* advantage has resulted from using the swing ; but I have had few opportunities of judging fairly, the majority of epileptic cases that have occurred in my practice, since the adoption of this remedy, having been of long standing, accompanied by obvious derangement of mind ; they were consequently almost hopeless.

Since publishing the former editions of this

work, I have continued the use of the swing, and am not only confirmed in my first opinion of its safety and utility, but convinced of its efficacy in some of the most hopeless maniacal cases: while I am gratified by the concurrent testimony of several medical gentlemen who have favoured me with the successful result of their trials with this remedy.

But I feel more particularly indebted to Dr. Hallaran for his valuable and very interesting communications on this subject. Having the entire management of a public institution, exclusively devoted to the reception and treatment of maniacs in a part of the sister kingdom, which unhappily, like our own, furnishes a great number and variety of these unfortunate subjects, instigated by the most laudable and humane principles, and as far as I can judge, possessing unusual qualifications and abilities for such an undertaking, he has enjoyed very superior opportunities of employing every mean his judgment dictated, and scorning the trammels of the beaten track, and disgusted with that empyrical routine which, as before observed, is so frequently pursued in cases of mania, and which annually deprives his Majesty of a considerable proportion of his



liege subjects, either by physicking them to death, or rendering their disease incurable, he has ventured to think for himself, and I shall be very much deceived and exceedingly disappointed if he be not enabled to furnish some very valuable additions to our knowledge in the treatment of maniacs. I may appear partial, from the very flattering manner in which the Doctor speaks of the mechanical means I have recommended, but as my own experience confirms the truth of his assertions, no apology can be necessary for endeavouring to propagate them, more especially as the relief of suffering humanity is the only object in view.\* From an examination of this work, it is obvious that the Doctor has very much improved upon the plan proposed in my two former editions, and from his statement it appears that since his employment of the swing, “ he has never been at a loss for a direct mode of establishing a supreme authority over the most turbulent and unruly ;” and that the great and

\* See An Inquiry into the Causes producing the extraordinary addition to the number of Insane, together with extended Observations on the Cure of Insanity, &c. by William Saunders Hallaran, M. D.

important desideratum, sleep, is most certainly and easily procured by swinging, when every other mean has failed, and when, as often happens, no other can be employed with any hope of success. No mean previous to the swing, was ever employed capable of overawing maniacal patients, of conquering the more furious and obstinate, and of allaying the violence of the paroxysms.

I acknowledge my having been disappointed in some dreadful cases where relief could hardly be expected, but in others, almost hopeless, it has produced very surprizing changes. In one most miserable patient, who had interested me very much and occupied my unremitted attention for months, the application of swinging in the perpendicular position, produced the most complete revolution in the mind, changing the whole train of ideas, inducing the catamenia which had been long obstructed, altering the state of the circulation and the expression of countenance. The removal of uterine obstructions is a frequent effect of the swing, especially if applied about the period when, if it observed its wonted regularity, it might be expected, and if assisted by the more common emmenagogues.

I now find that the perpendicular position is

best calculated for violent cases, and the horizontal for opposite ones, and that in both the motion should be communicated in the most gradual way, and be progressively increased to the degree of velocity required.

Having thus gone through the principal anti-maniacal remedies, before concluding this part of the work I will add a few others, which have been resorted to in particular cases. Every medical man knows that certain changes take place in diseases which may, according to Dr. Ferriar, be very properly termed conversions, as where the remote causes, still acting, have obliterated one disease and generated another: were such changes always within our power we might hope to relieve many dreadful complaints by exchanging them for less formidable ones; but though this be not the case, yet from this discovery we deduce what must be esteemed a very important object in the treatment of maniacs. As insanity often suspends and sometimes terminates other diseases, such as phthisis, ascites, fever, &c. so various other complaints which have been attended with violent symptoms have removed affections of the mind. How these changes are brought about it may be diffi-



cult to explain, but I am of opinion that some very important inferences may be drawn from a knowledge of the fact in the treatment of madness. Perhaps it would be too much to say that every mean employed for the removal of mental diseases, when successful, relieves by primarily introducing some new one into the general system ; but certain it is, that if any considerable commotion, any violent, new action can be excited in maniacal complaints, by whatever means, the mental derangement is often considerably relieved if not permanently removed ; thus small-pox has dissipated the most obstinate melancholia, and where affections of the intellect have resisted common remedies I should place considerable hopes on inoculation, had the party not previously had small-pox, taking care by proper medicines and management to increase the symptoms that usually attend this disease to such a degree that the whole system should be considerably affected without endangering life. Fevers, too of various types, painful affections, consequent upon luxations, fractures, contusions, &c. have also been known to relieve various mental indispositions. The same effects have also been followed by even the itch, but probably the relief

is brought about in a very different way from that by small-pox ; though on a principle of the first importance in the treatment of maniacs, by abstracting attention from the wanderings of deluded imagination, exciting new ideas by the means of strong impressions made on both mind and body ; and in the instance of itch, by the disgust excited in the mind and the irritation produced on the surface, I should therefore have no scruples, in some cases, in communicating this very troublesome disease, especially as it involves no danger, and its removal is always in our power.

Independent of the other valuable properties of fox-glove, tobacco, and similar medicines, may we not reasonably impute much of their anti-maniacal power to the distressing affections they occasion in the stomach ? in fact, to their excitement of a species of new disease in the system.

As diseases of the intellectual faculties often follow repelled eruptions, drying up of old sores, habitual drains, &c. it is reasonable to expect advantage from the re-establishment of these, and perhaps there is no more manageable or efficacious mode of exciting new eruptions than what is furnished in an unguent formed of some simple ointment, loaded with chrystalized emetic tartar,

reduced to an impalpable powder and applied to any part of the surface, though it has succeeded best when rubbed on the newly shaved scalp, where a smaller or larger crop of eruptions, very similar to those of small-pox, may be speedily excited. Blisters, issues, setons, &c. will be proper substitutes for old drains; the last of these are best, being managed with the greatest facility; and the least liable to be injured or destroyed. There are few cases of mania where these may not be usefully employed, excepting where derangement is accompanied by considerable debility; they have indeed been eminently successful in various instances, where the loss of reason has succeeded painful unnatural parturition with retrocession, or disappearance of the milk, as improved health and intellect have taken place while the discharge was profuse; perhaps it would be immaterial where the seton is inserted, if some advantages did not arise from its being placed between the shoulders, where the patient cannot easily destroy or injure it; and in maniacs it is always advisable to inclose at least an inch of skin between the two orifices, and the extremities of the ribbon or cord should be fastened or sewed together.



After every probable remedy has failed, instances have been known of success following such a mode of management, composed of moral, medical, and physical agents, as ultimately brought about a complete change of the system, both of solids and fluids : on this principle alone we may, perhaps, explain the frequent cure of maniacs which has been known to take place by a removal from accustomed objects, rigid regularity with respect to diet, &c. and the lengthened employment of some simple alterative, and placing them in entirely new circumstances, and ever in situations where they might occasionally witness the peculiarities, eccentricities, and characteristic traits of mental disease : no mean has a more powerful tendency to abstract the mind from its false perceptions, to correct its delusive wanderings, and excite new trains of ideas.

I have thus completed another edition of *Practical Observations on Insanity* : well aware of its imperfections. I have to lament my inability to remove them, indulging a hope, however, that with all its defects it may be useful, and if in any degree it tend to alleviate the sufferings of humanity, I shall be fully compensated for the labour it has occasioned me.



## APPENDIX.

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### *Of Medical Jurisprudence as it relates to Insanity.*

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AMONG the various subjects of forensic inquiry, one of the most important is madness.

To define this disease has been justly ranked among the *opprobria medicorum*; to certify its existence, when real, or when feigned to detect the imposture, is in many cases extremely difficult; but to draw the line where natural peculiarity of disposition and character ends, and insanity begins, is often impracticable.

It is not surprising therefore, that a contrariety of opinion should frequently occur amongst gentlemen of acknowledged skill and experience in that branch of the profession, which more immediately respects mental disease, more especially as there are no established criteria sufficient to



form the judgment with that precision which it may be hoped is still attainable.

My intention is not greatly to enlarge on this subject, but chiefly to offer a few observations more immediately connected with the granting and procuring an instrument, which, under the authority of the legislature, is a justification of the keeper of any house licensed for the reception of lunatics, for confining the person whom it certifies as proper to be received.

Such an instrument, it must be universally acknowledged, is of high importance, as it respects the individual certified, inasmuch as it instantly deprives him of his liberty, and exposes him to those inconveniencies and disadvantages which are consequent upon the imputation of mental derangement.

By the Statute of the 14 Geo. III. c. 49, 1, 21, continued by the 19 Geo. III. c. 21, and made perpetual by the 26 Geo. III. c. 91, it is enacted, that every keeper of any house, or place, licensed for the reception of lunatics, who shall admit, harbour, entertain or confine, any person as a lunatic, without having an order in writing, under the hand and seal of some physician, surgeon or apothecary, that such person is proper to be

received into such house or place, as a lunatic,  
shall forfeit the sum of £100.\*

The order, or, as it is usually termed, the certificate, here required, was undoubtedly intended by the legislature as a salutary regulation ; and were it never issued but by persons of integrity and experience, much evil would be prevented ;

\* *Form of the Certificate, or as the Statute calls it, Order in Writing, from the Physician, Surgeon, or Apothecary.*

I *A. B.* of            in the county of            [physician, surgeon, or apothecary, as the case may be], do hereby certify that I have seen *C. D.* of            in the county of            that he is disordered in his intellects; that he is proper to be, and that I have advised his being, sent to some house licensed for the reception of lunatics.

[illegible]

*Form of a Certificate from a Friend of the Patient.*

I *A. B.* of                      in the county of                      do hereby certify, that by the advice of *C. D.* of                      in the county of                      [physician, surgeon, or apothecary, as the case may be], I have directed *E. F.* of                      in the county of                      to be sent to the house of *G. H.* at                      in the county of                      being a house licensed for the reception of lunatics.

Witness my hand this            day of            18  
I. K.

but when it is considered that this statute invests every member of the medical profession\* with power, by little more than the stroke of his pen, to subject a fellow creature to a state of degrading and distressing confinement, and that in every profession there may be found persons destitute of all honest principle, and others without a competent degree of skill, it will be seen that this regulation is not sufficient to answer the purpose for which it was enacted.

Instances are not wanting where the sinister views of unprincipled relatives† have been seconded with effect, by professional men equally unprincipled. The forms of the statute have been complied with, though the intention with which it was framed has been grossly violated.

\* I remember an instance in which a son of Esculapius added to his name, at the foot of the order, "serjeant," instead of surgeon.

† Persons interested have been sometimes known to exhibit deleterious drugs, and intoxicating liquors, for the purpose of obscuring the intellect, in order to furnish ground for confinement. So on the other hand, where it has been desirable, in order to serve some sinister purpose, to prove persons who were really lunatics to be of sound mind, examinations have been procured during lucid intervals.



Thus under the sanction of a legal order, a person of sound mind may become the victim of cruelty and avarice.

This, however, is a subject rather for the consideration of our legislators than for mine. My observations are intended to assist and direct those members of the profession who may occasionally be applied to for an order under the statute, but who, for want of skill and experience in this particular malady, are incompetent to form a correct judgment on the propriety of making such an order.

There are cases where the mind is so obviously deranged as to admit of no doubt ; yet the number in which great caution and circumspection are not necessary, before the order is issued, is very small ; and there are some cases in which the most able and experienced men are frequently baffled.

Wherever a doubt of the existence of the malady is felt, the patient should be frequently visited in different situations and at unexpected periods ; and if the doubt continue, the assistance of men of known science and experience should be requested.

In a great proportion of maniacs it is observable

that there are intervals of perfect rationality, when the memory and judgment are clear, accurate and vigorous, and no trace of disease can be detected. In many cases it is also observable that, the mental delusion turns upon and is confined to one particular subject ; for as Dr. Perceval in his *Medical Ethics* justly remarks, “ a partially distempered fancy is known to subsist with general intelligence.” There are cases of suspected insanity, in which the intellectual faculties are obscured merely by temporary causes, arising from bodily disease, such as fever, hypochondriasis, hysteria, &c.\* ; or from hypnotics, or pharmaceutical preparations, but more frequently from inebriating potations.

Some persons excite a suspicion of insanity merely by their singularity,† thoughtlessness or

\* There is a high degree of hypochondriacism which not unfrequently falls under the cognizance of the physician, and in which he may be requested to determine whether it amounts to mental incapacity.

† This seems to have been the case with Lord Chedworth, whose will was contested by the heir-at-law ; and upon the trial of an issue in the Court of King's Bench, a verdict was found, establishing the will, upon very clear and strong evidence of capacity, as to the conduct of the testator, par-

extravagance of behaviour, or by their ridiculous notions and conversation. These are frequently denominated characters and geniuses, whose structure of mind differs from the generality of mankind ; having an exuberance of ideas or of imagination, often original but frequently grotesque. Cases of actual insanity in persons of this description are not infrequent ; and they often furnish distressing additions to the number of incurables.

These few general observations may serve to shew that when a medical man is applied to for his opinion on the case of a reputed maniac, or for an order under the statute, he should use the utmost caution in forming the one, or in issuing the other. The history of the case, with all its particular circumstances, should be inquired into ; and it should be considered in all its connexions

particularly as a magistrate, acting as chairman at the Quarter Sessions, and in the House of Lords, opposed only by some circumstances of eccentricity and singularity in dress. Upon a motion, in the Court of Chancery, for a new trial, Lord Erskine, Chancellor, said, " Is there any evidence of a morbid image in the mind of this testator ? connected with this will, or at any other period. On the contrary, all the evidence, witnesses of the highest character, contradict that."—  
13 Ves. jun. 87.



and bearings, in its proximate and remote causes, in its degree and duration ; nor should the probable motive of the application escape scrutiny. If the necessity of the case be not urgent, nor the degree of indisposition extreme, it will be advisable to defer a final decision until the case can be viewed in every point of light of which it is capable ; always remembering that there are many cases of insanity in which the patient is harmless, and does not require either coercion or a separation from his family or friends, though close attention and a certain degree of controul may be necessary.

There are some cases of a nature so extremely equivocal as to require extraordinary investigation ; and whenever they occur it is peculiarly necessary to see whether the actions from whence the conclusion of insanity has been drawn, may not be fairly referable to some other cause ;—whether there have been any recent corporeal indisposition that may have excited an apprehension of mental disease ; and, particularly, whether any of the ancestors were lunatic or were remarkable for peculiarity of conduct or behaviour ; for though the subject of hereditary disease is mysterious and obscure, and its existence therefore

denied, yet no medical man of tolerable experience need go beyond the pale of his own practice and observation, for proof of its reality. “ Singularity of organic structure, acted upon by a peculiar mode of education and influenced by particular habits and caprices, and by unwholesome management, both of mind and body, is the general foundation of the disposition to madness.” The law of hereditary influence prevails throughout all animated nature. The same general structure of body, together with a similarity of features, of mental propensities, of tastes, of peculiarities, and of idiosyncrasies, often descends from sire to son ; and it is observable that from the selection of parents in the brute creation, arises the superiority of horses, dogs, and many of our domestic animals.

Of all hereditary affections, mental disease is most lamentable ; and this dreadful malady is sometimes entailed on an innocent progeny, by the habitual indulgence of his ancestor in the inordinate use of intoxicating liquors. The offspring of the drunkard is frequently imbued with a certain pre-disposition, or proclivity to insanity, which though it may never be excited to action, yet exposes him to the perpetual danger of ex-

citement, from a variety of causes, such as heavy affliction of mind, great and continued exertion, whether bodily or mental, conflicting passions, and every species of intemperance.\*

The same causes, acting on different systems, with different pre-dispositions, will produce various effects. In those persons who have no pre-disposition to insanity, occasional sacrifices to Bacchus, though immoral and often mischievous, are unproductive of any permanent bad consequences to the health of the body or the mind ; on the contrary, when attended with nausea, vomiting, and other evacuations, they sometimes produce a wholesome effect ; but where there is any such pre-disposition, even occasional inebriety, may suddenly excite it to action.

In most cases where the practice of excessive drinking grows into an inveterate habit,† the body becomes debilitated, and the reasoning faculties beclouded, and in many, where there is no observable pre-disposition, this habit issues in a confirmed insanity.

\* Plutarch says, "Ebrii gignunt ebrios."

† Dr. Trotter very justly observes, that this habit carried to a certain length, is a gulph from whose bourne no traveller returns, where fame, fortune, hope, health, and life perish.



Habitual intoxication frequently debilitates and paralyzes the power of action, both in body and mind, to such a degree as scarcely to allow an interval, in which the ordinary business of human life, much less the business of extraordinary occasions, can be performed with certainty and propriety.

When a medical practitioner is called in to a person who, from habitual intoxication, is deemed lunatic, whether it be to issue an order for his confinement, or to form an opinion on his capacity, in some supposed lucid interval, to dispose of his property, either by deed, or by will, or to perform any other act requiring a sound and disposing mind, he has an arduous duty to fulfil. His opinion, in this and in every other case, must be so formed as that in case he should be called to give evidence in a court of justice, in any cause depending on the question of the lunacy, he may be able not only to state his opinion, but to support it by shewing the grounds and reasons on which it was formed. He has therefore to define the boundary between the temporary and the permanent effects of intoxication; and in the investigation he should remember that some of the symptoms frequently attendant on

drunkenness, bear a close affinity to those of delirium, apoplexy, hysteria, syncope, and other similar diseases ; and that it sometimes happens that the drunkard exhibits the characteristic features of these several diseases in the different stages of his inebriety, according to the species of his potation or his own temperament ; that in some cases the mind is more affected than the body, and in others the body more than the mind ; but though it is not uncommon to see an inebriate, who cannot walk or stand, and can scarcely speak, exercise such a degree of mental power as to remember circumstantially what passes in his inebriety, yet as he proceeds in his orgies, the faculties of his mind, as well as of his body, become debilitated and at length totally suspended.

In a majority of cases, intoxication resembles delirium rather than insanity ; for though in each of the former, the healthy process of right reasoning is more or less disturbed or depraved, yet there is no one particular or permanent idea, (which is the characteristic of madness) ; but rather a wild, chaotic jumble of ideas. This is a marked and important distinction which should always be borne in mind. In lunacy, surrounding

objects seem to make the same impressions on the senses or organs, and more especially on the organs of vision, as they may do on other persons, “until,” as is justly observed by Dr. Johnstone, “the hallucination interferes and deranges all the trains of thought with which it is intermixed.”

In intoxication and in delirium, the impressions made by surrounding objects are generally delusive.

The medical practitioner before he enters on the examination of the person he may be called to attend, should carefully inform himself whether there be any point or subject on which the mind of the patient wanders ; and if there be, he should introduce it with such art and address, and manage it with such caution, as to impress him with the belief that it occurred casually in the course of conversation ; without which, so great is the subtlety of maniacs, every attempt to ascertain the real state of the patient’s mind will be vain.

I might illustrate this remark by many cases within my own observation ; but I will content myself by referring to a part of the admirable speech of Lord Erskine, when at the bar, in the defence of Hadfield : “ I remember,” said the advocate, “ the case of a man who indicted another



for imprisoning him; and in the course of the trial, though I endeavoured by every means in my power, by every question I could put, to draw from him some proof of the real state of his mind, yet such was his subtlety and such his caution, that he baffled me at every point; and it was only by Dr. Sims's appearing in court that he discovered himself, for he no sooner saw the Doctor than he addressed him as the Lord and Saviour of mankind. The person indicted was therefore acquitted. But such was the subtlety and perseverance of this man, that recollecting the Doctor had one day confined him in his house in town, he indicted him for the same offence, and so well did he remember what it was that lost him his cause in Middlesex, that nothing could extort from him the same behaviour; and yet there was not the smallest doubt in the mind of any one who knew him that he was really and truly a lunatic."

Another distinguishing feature of lunacy, is that peculiarity of countenance which is neither observable in any other disease, nor in a state of intoxication. It is difficult to give a particular description of it, though I have made such an attempt in the preceding part of this work, where

I have called it “ the maniacal expression.” But experience alone can ascertain and identify it with precision.

The decay of nature and the effects of bodily disease are sometimes mistaken for lunacy ; and it has frequently happened in cases of criminal prosecution where there could be no available defence, that endeavours have been made to impose a counterfeit madness on the court and the jury, with such a degree of plausibility as to occasion, at least, considerable doubt.

Many ingenious arguments have been offered to prove that insanity has no lucid interval ;\* but a multitude of cases have occurred in my practice to convince me of the contrary. To establish such a position, and to apply it to the commission of crime, might have the semblance of mercy ; but would, in truth, be cruel and unjust ; for though

\* Lord Erskine in the case *ex parte Crawley* before referred to, observes, that Lord Coke is so far from putting the person he describes by the term “ Lunaticus” in the class of those who by sickness, grief, or other accident, wholly lose their memory and understanding, that he puts that person by himself, describing him to be a man who hath sometimes his understanding and sometimes not.—12 Ves. jun. 452.

the individual would escape punishment, society would be exposed to all the injuries which the ingenuity and malignancy of a mischievous mind could inflict. In those cases more particularly which observe periodical returns of the disease with some degree of regularity, the intervals are usually marked with reason, sobriety, and steadiness, the mind appearing to enjoy all its faculties, the intellect to be perfectly clear, capable of estimating the morality of actions, of giving evidence in a court of justice, making contracts, executing deeds, disposing of property, and performing all the functions of the most sane mind.

Granting that thought, design, and contrivance, are not *per se* proofs of insanity, yet where they are exercised without any perceptible tincture of hallucination, or mark of mental disease ; where the maniac of yesterday, to-day is calm and perfectly composed, can reason with strict propriety, and think with the generality of mankind on different subjects, is conscious of his late indisposition, and can converse with philosophic coolness and correctness on its nature and effects : are we not warranted in deeming this a lucid interval ? or are we to condemn this man to a perpetual incapacity for transacting his own concerns, and for



being useful to others, until a complete cure of the disease shall be effected? are we to deliver him from all responsibility for his acts during the intervals of the disease, or are we to hold him amenable for his conduct while he is not under its influence?\*

Patients of this description fre-

\* *Dementia accidentalis vel adventitia*,” as distinguished from fatuity *à nativitate vel dementia naturalis*, “proceeds from several causes; sometimes from the distemper of the humours of the body, as deep melancholy or adust choler; sometimes from the violence of a disease, as a fever or palsy; sometimes from a concussion or hurt of the brain, or its membranes or organs; and as it comes from several causes, so it is of several kinds or degrees, which as to the purpose in hand may be thus distributed. 1. There is a partial insanity of mind, and 2. a total insanity.

“The former is either in respect to things *quoad hoc vel illud insanire*; some persons that have a competent use of reason in respect of some subjects, are yet under a particular *dementia* in respect of some particular discourses, subjects, or application; or else it is partial in respect of degrees; and this is the condition of very many, especially melancholy persons, who for the most part discover their defect in excessive fears and griefs, and yet are not wholly destitute of the use of reason; and this partial insanity seems not to excuse them in the committing of any offence for its matter capital; for doubtless most persons that are felons of themselves and others, are under a degree of partial insanity, when

quently occur in practice ; several are now under my care ; and it is painful to know that they

they commit these offences: it is very difficult to define the indivisible line that divides perfect and partial insanity, but it must rest upon circumstances duly to be weighed and considered both by the judge and the jury: but on one side there would be a kind of inhumanity towards the defects of human nature, or on the other side too great an indulgence given to great crimes: the best measure that I can think of is this; such a person as labouring under melancholy distempers hath yet ordinarily as great understanding, as ordinarily a child of fourteen years of age hath, is such a person as may be guilty of treason or felony,

“ Again, a total alienation of the mind or perfect madness; this excuseth the guilt of felony and treason. This is that which in my Lord Coke’s Pleas of the Crown is called by him absolute madness and total deprivation of memory.

“ Again this accidental *dementia*, whether total or partial, is distinguished into that which is permanent or fixed, and that which is interpolated and by certain periods and vicissitudes: the former is *phrenesis* or madness, the latter is that which is usually called lunacy, for the moon† hath

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† The ancient notion of the influence of the moon in these cases is now happily exploded by lawyers, as well as by medical professors. Lord Erskine, when Chancellor, in the case *ex parte Cranmer*, 12 Vesey jun. 452, says, “ there is no doubt the moon has no influence.”

In a note in this case, by the Reporter, it is justly re-

form a class the most hopeless, and are often found to be incurable.

great influence in all diseases of the brain, especially in this kind of *dementia*: such persons commonly on the full and change of the moon, especially about the equinoxes and summer solstice, are usually in the height of their distemper, and therefore crimes committed by them in such their distempers are under the same judgment as those whereof we have before spoken, namely according to the measure or degree of their distemper; the person that is absolutely mad for a day, killing a man in that distemper, is equally not guilty, as if he were mad without intermission. But such persons as have their lucid intervals (which ordinarily happens between the full and change of the moon)† in such intervals have usually, at least, a competent use of reason, and crimes committed by them in these intervals are of the same nature, and subject to the same punishment as they if they had no such deficiency; nay, the alienations and contracts made by them in such intervals are obliging to [obligatory on] their heirs and executors.

“ Again this accidental *dementia*, whether temporary or

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marked as singular, that the term “ *lunaticus*,” which, though derived from a vulgar error, gives little to the modern proceeding by commission” [of lunacy] “ and is the only specific description of afflicted persons contained in it, is not to be found in any form of the old writ, (Reg. Brev. 266,) nor in the statute.” (De Prerogativâ Regis, 17. Ed. 2, c. 9. 10.) ib. 450.



Were we to deny the existence of a lucid interval, how difficult would it be to determine that a

permanent, is either the more dangerous and pernicious, commonly called *furor*, *rabies*, *mania*, which commonly ariseth from adust choler, or the violent inflammation of the blood and spirits, which doth not only take away the use of reason, but also superadds to the unhappy state of the patient, rage, fury, and tempestuous violence; or else it is such as only takes away the use and exercise of reason, leaving the person otherwise rarely noxious, such as is a deep delirium, stupor, memory quite lost, the phantasy quite broken, or extremely disordered. And as to criminals, these *dementes* are both in the same rank; if they are totally deprived of the use of reason, they cannot be guilty ordinarily of capital offences, for they have not the use of understanding, and act not as reasonable creatures, but their actions are in effect in the condition of brutes.

“ The third sort of dementia is that which is *dementia affectata*, namely drunkenness. This vice doth deprive men of the use of reason, and puts many men into a perfect, but temporary, phrenzy; and therefore according to some civilians, such a person committing homicide shall not be punished simply for the crime of homicide, but shall suffer for his drunkenness answerable to the nature of the crime occasioned thereby; so that yet the formal cause of his punishment is rather the drunkenness, than the crime committed by it; but by the laws of England such a person shall have no privilege by this voluntary contracted madness, but shall have the same judgment as if he were in his right senses.

cure was ever effected, for though every mark of disease had long subsided, it would be impossible to say that the patient was not subject to relapse.

“ But yet there seems to be two alloys to be allowed in this case.

“ 1. That if a person, by the unskilfulness of his physician, or by the contrivance of his enemies, eat or drink such a thing as causeth such a temporary or permanent phrenzy, as a *aconitum* or *nux vomica*, this puts him into the same condition in reference to crimes, as any other phrenzy, and equally excuseth him.

“ 2. That although the *simplex* phrenzy occasioned immediately by drunkenness excuse not in criminals, yet if by one or more such practices, an *habitual* or fixed phrenzy be caused, though this madness was contracted by the vice and will of the party ; yet this habitual and fixed phrenzy thereby caused, puts the man into the same condition in relation to crimes, as if the same were contracted involuntarily at first.

“ Now touching the trial of this incapacity, and who shall be adjudged in such a degree thereof to excuse from the guilt of capital offences ; this is a matter of great difficulty, partly from the easiness of counterfeiting this disability, when it is to excuse a nocent ; and partly from the variety of the degrees of this infirmity, whereof some are sufficient, and some are insufficient, to excuse persons in capital offences.”

HALE'S Pleas of the Crown, Vol. i. p. 30.

Those who are most conversant with mental disease, know that in the far greater number of cases, the disease is partial and temporary, and consequently admits of intervals of perfect rationality. Take for instance the case of Cowper the Poet, of whose insanity there can be no question. Had he not intervals of very considerable duration, in which his mind was perfectly composed, his faculties clear, his imagination unclouded, his understanding vigorous, and his judgment sound and correct? And can we deny that these intervals were lucid?

Lucid intervals are to be determined, not by their duration, but by the state of the patient's mind. Whenever that is in a state of composure and free from aberration, when he can take true premises, and from thence deduce legitimate conclusions, when he can reason justly on his own concerns, and can form a fair estimate of the conduct and motives of those around him, without any other perceptible error than men in similar situations in life are subject to, we may safely consider such an interval to be lucid; and the patient not only fit to be trusted with the disposition of his affairs; but to be morally and legally responsible for his actions. These intervals may be much



shorter than Cowper's were, though not less clear and certain.

It frequently happens that the patient, upon every subject but one, is clear, rational and correct, exhibiting no mark or symptom of derangement except when that subject happens to be started. History furnishes many such cases, where men of general irreproachable conduct and character, capable of fulfilling their civil and moral duties, and of imparting valuable instruction to mankind, have nevertheless discovered an alienation of mind upon some particular point.\* I recollect an in-

\* Lord Erskine, when Chancellor, mentioned the case of "Mr. Greenwood, who was bred to the bar, and acted as Chairman of the Quarter Sessions, but becoming diseased, and receiving in a fever a draught from the hand of his brother, the delirium, taking its ground then, connected itself with that idea; and he considered his brother as having given him a potion with a view to destroy him. He recovered in all other respects; but that morbid image never departed, and that idea appeared connected with the will, by which he disinherited his brother. Nevertheless, it was considered so necessary to have some precise rule that, though a verdict had been obtained in the Court of Common Pleas against the will, the judge strongly advised the jury to find the other way, and they did accordingly find in favour of the will. Farther proceedings took place afterwards and concluded in a compromise. 13 Vesey, jun. 89.

teresting case of this kind, where the patient with a large proportion of intellectual faculty and a highly cultivated mind, would pass whole months without betraying any symptom of insanity, the disease being confined to one particular subject ; but if that subject were touched upon, it would produce in him the most unequivocal marks of mental disease. On all other occasions he was capable of thinking, reflecting, reasoning, comparing, judging, and acting, like men in general, and his mental alienation was confined within the narrowest limits ; but in this, as in the class of cases before-mentioned, there was and ought to be a moral and legal responsibility for actions to which the alienation had no relation.

These observations may serve to shew how indispensable to an accurate judgment in certain cases it is, that the medical practitioner should fully inform himself of every particular connected with the history of the disease ;\* without which he will

\* In the case of *Redgeway v. Darwin*, 8 Vesey, jun. 65. where a commission of lunacy had been issued against Miss Ann Kendrick, under which the jury found a verdict that she was not a lunatic, and was sufficient for the government of herself, her manors, messuages, &c. and a petition was presented on the ground that this verdict was not supported

be unable to determine, whether an act done by the patient, whether it relate to the disposal of property, or any other civil transaction, or whether it be such an act as legally constitutes a crime, be intimately, or remotely catenated, or associated with the subject of the hallucination. No just conclusion can be drawn, singly, from the degree of vigour with which the faculties are exercised on such occasions ; because, in many instances, so far from being weakened,

by evidence, the Lord Chancellor Eldon said, “ I will not subject her now to another commission ; but will direct two physicians, who have not been concerned and consulted, to talk to those who have been concerned and consulted ; to see the evidence, and afterwards, in the most tender manner, to find the means of visiting her without alarming her, for the purpose of determining whether her state of mind is competent to the management of her affairs.” And Lord Erskine referring to this case, in the case *ex parte Cranmer* before-mentioned, says, “ Lord Eldon did what was perfectly wise.” So careful are men in the highest stations, to use every possible means for determining, with the most scrupulous accuracy, which such cases will admit, the actual state of the party ; and from such men, the most valuable lessons are to be learned by persons whose practice occasionally brings those who are thus afflicted, or supposed to be so, under their immediate inspection.



they are actually sharpened, and apparently improved.

I have already mentioned that madness is sometimes counterfeited, for the purpose of avoiding the punishment due to crime ; and it is so from various other motives, such as to avoid certain duties, offices, and military services : to excite compassion, &c. Impositions of this kind are generally attempted by feigning *melancholia*, *mania*, and *amentia*, or idiotcy, in their various degrees ; the latter with the accompaniments of deafness, and dumbness. But as more art and address are necessary to the success of such a drama, than usually falls to the lot, or enters into the calculation of the performers, they are in general easily detected ; yet as cases of considerable doubt and difficulty sometimes occur, I shall make a few observations on this subject.

Impostors most frequently endeavour to exhibit insanity in its ravings, frantic gesticulations, incessant vociferations, incoherent absurdities, audacity, and such other of its more prominent features, as they may be best able to imitate ; but of the more genuine and characteristic symptoms, which in a greater or less degree always accompany the *mania furibunda*, such as the consistency

of erroneous reasoning, the maniacal expression of countenance, the insensibility to the usual stimuli of hunger, thirst, and cold, the capability of passing whole nights in succession without sleep, the cowardice, the obvious apprehension of punishment, the effect of threats, the dry tongue, and the hurried circulation, without any other mark of fever, they are destitute. A knowledge of the diagnostic symptoms of *melancholia* and *amentia*, will almost uniformly enable the medical practitioner to detect their semblance.

In all cases, whether lunacy be real or feigned ; where, after patient and repeated examinations and inquiries, there exists any just reason for doubt or suspicion, the decision should be suspended, until the patient shall have been placed alone in a room, in which his countenance and his behaviour may be inspected from some convenient post of observation, without his having reason to suspect that any eye was upon him. No means are better calculated to detect imposture, or to satisfy the mind in doubtful cases.\*

\* “Un jeune homme, dans un hôpital, étoit encore meilleur mime : l'accès étoit accompagné d'un hoquet très violent, et les convulsions de bas ventre étoient terribles. M. de Hain ayant conçu cependant quelque défiance, le fit enfermer

But a confession of imposition may sometimes be obtained by proposing, in the presence of the person under examination, painful operations, such as trepanning, the actual cautery, blisters, and setons, or issues ; or a course of nauseating or drastic remedies.

We read of a celebrated physician, who, for the detection of pretended disease, ordered the party to be beaten with rods ; and defended this practice by answering, “ the disease is either real or feigned ; if the former, then the castigation may produce the happiest results, by exciting inflammation and determining to the surface ; if the latter, no mean is better calculated to discover the cheat.” But this is a practice not to be justified.

Doctor Mahon is of opinion that no method is better calculated to ascertain the real state of a

dans un chambre où il pouvoit être épié : aussi long tems qu’il se croyoit seul, il se portoit à merveille ; les accès ne le prenoient que quand il y avoit du monde, et meme ils diminuoient si on paroissoit ne le pas regarder. Convaincu de fourberie, il avoua qu’il avoit cherché, par ce manège, à éviter d’entrer chez un charpentier en apprentissage, et à rester dans la maison paternelle.

DE HAIN.



person exhibiting symptoms of insanity, than to excite in him the passions of anger, fear, hope, Joy, and others of a similar nature, without giving him reason to suspect design ; and that if impressions answerable to the excitement be made, like those in persons of sane mind, there will be good ground to believe the insanity to be feigned ; for the real madman is subject only to these passions in a very vague and uncertain manner. Thus have we seen maniacs after perpetrating crimes the most atrocious and in their nature capital, unmoved by the prospect either of punishment or pardon. The mind intensely occupied by the prevailing hallucination, is incapable of being diverted : alive to subjects connected with it, it is dead and insensible to every thing besides. Of such a criterion few are aware ; and therefore it may be resorted to with considerable probability of success.

The *apparent* rationality of the person examined, ought not to produce an immediate decision that it is *real*,\* any more than the exhibi-

\* Lord Hale in his *Historia Placitorum Coronæ* before referred to, v. i. p. 36. mentions the following case. “ In the year 1668, a married woman, of good reputation, being

tion of the more common symptoms of madness should confirm us in the opinion that he is insane ; for the former may be the effect of transient impressions, or temporary suspension of the disease or lucid interval ; and the latter may be occa-

delivered of a child, and having not slept many nights, fell into a temporary phrenzy, and killed her infant in the absence of any company ; but company coming in, she told them she had killed her infant and there it lay. She was brought to gaol presently, and after some sleep she recovered her understanding ; but marvelled how or why she came thither. She was indicted for murder, and upon her trial the whole matter appearing, it was left to the jury with this direction, that if it did appear that she had any use of reason when she did it, they were to find her guilty ; but if they found her under a phrenzy, though by reason of her late delivery and want of sleep, they should acquit her ; that had there been any occasion to move her to this fact, as to hide her shame, which is ordinarily the case of such as are delivered of bastard children and destroy them ; or if there had been jealousy in her husband, that the child had been none of his, or if she had hid the infant, or denied the fact, these had been evidences that the phrenzy had been counterfeit ; but none of these appearing, and the honesty, and virtuous deportment of the woman, in her health, being known to the jury, and many circumstances of insanity appearing, the jury found her not guilty to the satisfaction of all that heard it.

sioned by medicine, passion, intoxication, or a variety of other circumstances. Repeated interviews and examinations should therefore be had, before any final determination be made in either case: if after such interviews and examinations the case should still appear doubtful, no medical man should think himself, or should be held, alone competent to decide. The concurrence of two should be required; or in cases of extraordinary difficulty, a reference should be made to a committee, consisting of an unequal number of able practitioners, with authority to the major part in number to form a decisive opinion.\*

\* I may here quote the observations of Lord Thurlow, in the case of the Attorney-General *v.* Parnter, (3 Brown's Chancery Cases, 443.) as applicable to many of those contained in the preceding pages. "There is," says his lordship, "an infinite, nay, almost an insurmountable, difficulty in laying down abstract propositions, upon a subject which depends upon such a variety of circumstances, as the present must necessarily do. General rules are easily framed; but the application of them creates considerable difficulty, in all cases, in which the rule is not sufficiently comprehensive to meet each circumstance which may enter into, and materially affect, the particular case. There can be no difficulty in saying, that if a mind be possessed of itself, and



that at the period of time such mind acted, that it ought to act efficiently. But this rule goes very little way towards that point, which is necessary to the present subject; for though it be true, that a mind in such possession of itself, ought, when acting, to act efficiently; yet, it is extremely difficult to lay down, with tolerable precision, the rules by which such state of mind can be tried. The course of procedure for trying the state of any party's mind, allows of rules. If derangement be alledged, it is clearly incumbent in the party alledging it, to prove such derangement: if such derangement be proved, or be admitted to have existed at any particular period, but if a lucid interval be alledged to have prevailed at the period particularly referred to, then the burthen of proof attaches on the party alledging such lucid interval, who must shew sanity and competence at the period when the act was done, and to which the lucid interval refers; and it certainly is of equal importance, that the evidence in support of the allegation of a lucid interval, after derangement, at any period, has been established, should be as strong and as demonstrative of such fact, as where the object of the proof is to establish derangement. The evidence in such a case, applying to stated intervals, ought to go to the state and habit of the person, and not to the accidental interview of any individual, or to the degree of self-possession in any particular act; for from an act with reference to certain circumstances, and which does not, of itself, mark the restriction of that mind, which is deemed necessary, in general to the disposition and management of affairs, it were certainly extremely dangerous to draw a conclusion so gene-

ral, as that the party who had confessedly before laboured under a mental derangement, was capable of doing acts binding on himself and others.

“The argument urged that after the removal of the disease, when the morbid affection no longer obscures, or vitiates the judgment, the mind will labour under a languor and debility, which, with reference to its former sound and unaffected state, might render its exertions and decisions very unequal and inferior, carries along with it weight; for I agree that the inferiority of mind would, of itself, be a degree of evidence to shew that the disorder was not rooted out, the convalescent state would incline to look forward to the removal of the disorder, but would not, of itself, shew that the disorder was removed. It might allow of the party doing sound and discreet acts, but it would certainly require such acts to be watched and examined with jealousy. Nothing would be more dangerous than to try the state of the mind by individual acts, in those cases, in which the disorder is, as it is most frequently, insanity *quoad hoc*; at the same time, though partial insanity does frequently prevail, it must always be watched with infinite care; and it seems scarcely possible to extract from any particular case of this kind, that which will apply to any other.”















